

# chakula chetu



## PUMPKIN LEAF VEGETABLES (Lisebebe) (Kürbisblattgemüse)

By Roselyne Chemuku



### INGREDIENTS

- A handful of Vine spinach *nderema*
- 2 handfuls of pumpkin leaves (Kürbisblattgemüse)
- 250 mls of milk
- 200 gms of sesame paste or flour
- A pinch of salt
- 2 medium-sized tomatoes
- 1 litre of water
- 150 mls of indigenous *musherekha* (tenderizer)



### PREPARATION

1. Wash the pumpkin leaves and detach from stalks
2. Cut leaves into small sizes
3. Put tenderizer in a *cooking pan*
4. Wash the leaves and add to *cooking pan*
5. Boil until soft
6. Heat oil in a *cooking pan*
7. Add onions
8. Fry until golden brown
9. Add vegetables
10. Simmer for 5 minutes
11. Add sesame paste and milk
12. Cook for five minutes
13. Serve with Ugali (cornmeal mush)



### NUTRITIONAL BENEFITS:

**Vine spinach:** Vitamin C and A, plant protein, iron, calcium, magnesium, phosphorous and potassium and antioxidants

**Pumpkin leaves:** Niacin, dietary fiber, protein, vitamin A, E K, thiamin, riboflavin, vitamin B6

**Milk/cream:** Protein, carbohydrates, sugar and fat

**Simsim:** Fat, potassium, carbohydrates, protein, calcium, iron, Vitamin B6, magnesium