Sweet potato leaves and tomato salad with a simple vinaigrette dressing.

Method: It is mixtures of minimally processed ready-to-eat vegetables with or without dressing.

Prep Time: 5 mins

Cook Time: 2 mins

Total Time: 7 mins

Ingredients

1 bundle kamote leaves

1 large Roma tomato, diced

2 shallots, peeled and sliced thinly

1/4 cup vinegar

2 cloves garlic, peeled and minced

1 teaspoon fish sauce

1 teaspoon canola or olive oil

1/2 teaspoon sugar

salt and pepper to taste

Instructions

•Pick the leaves from the stems. Under cold, running water, wash and drain well.

•Steam sweet potato leaves for about 1 to 2 minutes or just until wilted. Or, in a pot over medium heat, bring about 2 cups of water to a boil. Briefly dip leaves in the boiling water for about 10 to 20 seconds or just wilted.

•Quickly plunge leaves in iced water for about 30 to 40 seconds or until cold. Drain well.

•In a bowl, combine kamote leaves, tomatoes, and shallots.

•In a small bowl, combine vinegar, garlic, fish sauce, oil, sugar, and salt and pepper to taste.

•Drizzle dressing over salad and gently toss to combine.

Nutrition Information

Calories: 40kcal,

Carbohydrates: 6g,

Protein: 2g

Fat: 1g

Saturated Fat: 1g

Sodium: 165mg

Potassium: 395mg

Fiber: 2g

Sugar: 2g

Vitamin A: 5446IU

Vitamin C: 19mg

Calcium: 61mg

Iron: 2mg

Crispy Kangkong

This is a quick filipino and easy vegetable recipe that is made with water spinach leaves dipped in flour mixture and deep-fried to deliciousness.

Method: It is used to cook in heat cooking oil for deep-frying over medium-low heat.

Prep Time

5 mins

Cook Time

10 mins

Total Time

15 mins

Make 5 Servings

Ingredients

•cornstarch

•ice-cold colorless soda

•all-purpose flour

•egg

•salt

•ground white pepper

•cayenne pepper

•kangkong leaves

•vegetable oil

•In a large bowl, add cornstarch, cold soda, flour, beaten egg, salt, ground white pepper, and cayenne pepper, and mix until thoroughly combined. Dip the kangkong leaves &stems in the flour mmixture.

•Then fry the stems and leaves until crisp in hot oil. Transfer to a serving plate with your choice of dipping sauce.

•Serve immediately. Enjoy!

Nutrition Facts

Calories per serving (kcal) 220.01.

Carbohydrates (g) 19.41.

Proteins (g) 3.21.

Fat (g) 14.54.

Dietary Fiber (g) 1.25.

Calcium (mg) 35.46.

Iron (mg) 1.06.

Sodium (mg) 744.68.