

**Coconut-Flavored Sweet Potato with Mustard Greens** (“Greens Glorious Greens” Johnna Albi & Catherine Walthers)

*Simmering mustard greens in coconut milk takes away their bitter edge. Serve this as a side dish or over white or brown basmati rice.*

Serves 4

2 tsp canola oil

1 medium onion, cut in half and thinly sliced

1 tsp minced garlic

1 tsp brown mustard seeds

1 ½ cups coconut mil

1 tsp ground coriander

1/8 to ¼ tsp cayenne

1 cinnamon stick, broken in half

3 cups peeled and cubed sweet potato

4-5 cups mustard greens (about ¾ of a pound)

salt to taste

5 cups mustard greens

fresh lemon or lime juice to taste

Heat oil in saucepan over medium heat. Add onion and sauté for about 5 minutes, until translucent. Add garlic and mustard seeds and sauté for another 2 minutes.

Add coconut milk, coriander, cayenne, a cinnamon stick, and sweet potato to onion mixtures. Cook, covered, over medium heat for about 10 minutes, until sweet potato begins to soften.

While the sweet potato is cooking, wash the mustard greens and strip or cut leaves from stalks. Discard the stalks. Chop the greens into bite-size pieces.

Stir in mustard greens and simmer, covered, over medium-low heat for approximately 15 minutes. The greens should be tender and the sweet potato soft. Adjust salt level; remove cinnamon stick.

Just before serving, squeeze in lime juice or serve with lemon or lime wedges.

*Making coconut milk: If your grocery store doesn't carry coconut milk, or if you can't find coconut milk without preservatives, you can make your own using unsweetened, shredded (dried) coconut. It only takes minutes.*

*Mix 1 cup shredded coconut in a blender with 1 cup boiling water. Blend for 1 minute. Pour into strainer and press to force out liquid. Put pulp back into blender with ½ cup of boiling water. Drain and press again. Discard pulp. Yields 1 cup coconut milk.*

