

### Coconut Curry with Sweetpotato Greens

- ❖ 1 large bunch sweetpotato greens, chopped
- ❖ 1 tablespoon olive oil
- ❖ 1 small onion
- ❖ 4 cloves garlic, minced
- ❖ 1 tablespoon grated ginger
- ❖ ½ cup each sliced carrots, tomato, bell pepper
- ❖ 1 tablespoon curry powder
- ❖ 2 14-oz cans coconut milk
- ❖ 1 cup vegetable broth
- ❖ Salt and pepper, to taste

Heat a large pot to medium heat, add the olive oil, onions, garlic, ginger, carrots, bell pepper, and sweetpotato greens and cook until softened, about 5 minutes.

Add curry powder, soy sauce, coconut milk and vegetable broth, and stir. Bring to a simmer and slightly lower the heat. Simmer for 10-15 minutes.

Adjust taste with salt and pepper. Serve over rice, and garnish with lemon juice and lemongrass (optional).

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## Food From the Field: Sweetpotato Greens

Sweetpotato greens are as nutritious as other dark, leafy greens and can be used in a variety of cooking applications. Look for sweetpotato greens at your local farmers' market or try growing sweetpotatoes to enjoy nutritious and delicious produce for months!

### Cooking with Sweetpotato Greens

Sweetpotato greens can be used any way you would use spinach!

- ❖ Blanch greens for freezing by adding to boiling water for 1-2 minutes and immediately transfer to ice water. Drain, pat dry, and freeze for future cooking.
- ❖ Sauté greens in a little bit of olive oil and garlic. Add soy sauce or vinegar for a delicious side dish!
- ❖ Newer vines and shoots are perfect for eating raw in salads.
- ❖ Add cooked greens to omelets, stir-fries, soup or curry.



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