

SAUTÉED COWPEA AND JUTE MALLOW

Cowpea leaves are available as a food source throughout the cropping season and can be utilized to improve food security.



Ingredients

100g of dried cowpea leaves
50g of dried jute mallow leaves
1 teaspoon of cooking oil
1 medium onion
2 medium tomatoes
¼ cup of simsim flour
4 cups of water
¼ cup of Mshelekha (African Lye)

Preparation

Soak the leaves in a pan with 2 cups of water and let them become soft.
Pour 2 cups of water in a pan and mix in the Mshelekha.
Place the pan with the Mshelekha mixture on the stove.
Drain the cowpea and jute mallow leaves and add to the pan.
Cook until it starts boiling, stirring constantly.
Wash and cut the onions and tomatoes, and add to the pan with the cooking oil.
Cook for 20 minutes, then add the simsim flour.
Cook for an extra 5 minutes, remove from the heat and serve.

Credit: Bioversity International

Cowpea leaves (*Vigna unguiculata* L.):

Mostly grown during the rainy season, dried cowpea leaves are a good source of protein and calcium, important for muscle strength and bone development.

Nutritional value per 100g (dried) of:

Cowpea leaves

Protein	24.4 g
Calcium	1060 mg
Iron	34.0 mg
Folate	673 mcg
Vitamin A	201 mcg
Vitamin C	38 mg
Vitamin E	15.8 mg
Zinc	3.4 mg



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