

ISIS' KITCHEN

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Members of the ISIS Resource Center and Information Program share some of their favorite recipes. These kitchen-tested nuggets are guaranteed to be inexpensive, nutritious, and tasteful. Try them out for a different culinary experience. Better still, share your own favorite recipes with other WIA readers.

PINK CITRUS COOLER

Ingredients:

1 cup fresh citrus fruit* juice, squeezed
2 cups sweet potato tops or young leaves
2 liters water
ice
sugar

Procedure:

1. Boil sweet potato tops in two liters of water for one minute.
2. Take out tops and set aside. Allow water to cool to room temperature.
3. Mix cooled sweet potato water, citrus fruit juice, and lots of ice. Add honey or sugar to taste. Adjust amount of citrus fruit juice to taste.
* any citrus fruit can be used --orange, lemon, grapefruit, lime, mandarin, pomelo, etc.

TIPS:

SWEET POTATO TOPS ON THE SIDE
(Remember, the sweet potato tops set aside in the "Pink Citrus Cooler"?)

1. Mix with tomato (sliced) and fresh cilantro.
2. For a different dip: one tablespoon of fish paste mixed with one teaspoon of citrus juice.

CRAB-SPINACH OMELETTE

Ingredients:

1 clove garlic, peeled and crushed
1 onion, minced
3/4 c. ripe tomatoes, minced
200 gms. ground gluten
250 gms. crab meat
1/2 cup carrot, chopped finely
3 c. spinach leaves, washed and drained
4 tbsp. cooking or soy bean oil
salt and ground pepper to taste
4 eggs

Procedure:

1. Saute garlic in 1 tbsp. oil until golden brown. Add onions and stir until transparent. Stir in tomatoes and cook until soft and juicy.
2. Add gluten, crab meat and salt. Cover and cook for 10 minutes while stirring occasionally.
3. Stir in carrots, spinach and turn fire off. Sprinkle with ground pepper. Let cool.
4. Beat eggs and fold in crab mixture.
5. Heat pan and oil. Scoop mixture on pan and slightly brown each side.

TIPS:

For fluffier eggs, separate egg yolks from egg whites. Beat egg whites until soft peaks form and add egg yolks one at a time.