Callaloo

Serving
12

Prep
20 Minutes

Cook
30–40 Minutes

Contributer
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8 cups	Spinach, chopped
1	Celery stick
¼ Lb	Pumpkin or squash, cubed
1	Carrot, cubed
3	Tomatoes, diced
6	Okra, sliced
1	Onion, chopped
4-6	Garlic cloves, sliced
3	Pimento peppers, chopped
½ cup	Coconut milk powder (mix in 2 cups water to dilute)
1 tsp	Dried thyme
1 tsp	Coriander powder
2 tsp	All-purpose seasoning powder (garlic powder, onion powder, parsley, paprika)
2 tsp	Salt
½ tsp	Black pepper
2 tbsp	Olive oil

1. In a large pot, on medium-low heat, sauté onions, garlic, pimento peppers in 2 tbsp oil for 2-3 minutes.
2. Add spinach, celery, pumpkin, carrots, tomatoes, okra, and seasonings. Add 2 tsp salt and stir.
3. Add water to cover vegetables and add dissolved coconut milk powder.
4. Bring ingredients to a boil.
5. Cover pot and simmer on medium heat. Add more all-purpose seasoning if needed.
6. Cook for 30 minutes or until vegetables are tender. Remove from stove and blend ingredients on high until well incorporated. Mixture should be thick in consistency.

Can be eaten as a side dish or soup.

DIETITIAN'S MESSAGE

Callaloo is another Caribbean classic. The dish varies across the Caribbean, but this is typically the way it is made in Trinidad. I didn't love it enough as a child, but as a young adult it became one of my favourite local foods, and as a dietitian I began to appreciate it even more for its nutritional value. Traditionally, taro leaves (known in Trinidad as 'dasheen bush') are used, but spinach works well as a more accessible substitution. Callaloo can be eaten as a side dish or soup… and is fantastic with macaroni pie!

Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

CCNA
Canadian Consortium on Neurodegeneration in Aging

CCNV
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