

## Cowpea Fresh leaves

*Recipe kindly contributed by Dr Annia Matikiti (University of Zimbabwe)*



**Preparation time:** 10 mins

**Serves:** 2 people

### Nutrition Facts

Servings: 2

Amount per serving

**Calories** **174**

% Daily Value\*

**Total Fat** 13.9g **18%**

Saturated Fat 2.7g **14%**

**Cholesterol** 0mg **0%**

**Sodium** 543mg **24%**

**Total Carbohydrate** 8.9g **3%**

Dietary Fiber 1.8g **7%**

Total Sugars 0.4g

**Protein** 3.5g

Vitamin D 0mcg **0%**

Calcium 12mg **1%**

Iron 1mg **3%**

Potassium 122mg **3%**

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

### Ingredients:

- 100g Fresh cowpea tender leaves.
- 1 onion chopped.
- 2 Medium tomatoes chopped.
- Pinch of salt.
- 1 teaspoon Royco Usavi mix.
- 2 tablespoons vegetable oil.

### Method:

1. Pick young tender leaves and wash them with clean water.
2. In a saucepan heat vegetable oil, add onion and stir then add tomatoes.
3. Add the fresh cowpea tender leaves into the saucepan, add salt, Royco Usavi mix and combine the mixture thoroughly until well cooked.
4. Serve with starch of your choice.