



Food for thought

Morogo, which is a type of edible plant that is very similar to spinach, is a healthy, leafy, green vegetable that has been enjoyed together with pap for centuries. Morogo is indigenous to the African continent and is very good for your health. This green vegetable contains protein, vitamin A and vitamin C. It can lower the risk of chronic diseases such as heart disease and high cholesterol. It can also help to lower the risk of diabetes.

There are many ways to enjoy this traditional African dish that is unique to our continent. Here is a recipe which includes a good dose of milk, to make your pot of morogo even more healthy.

Ingredients

- Two bunches of morogo, rinsed and chopped.
- 1 medium-sized onion, diced.
- 250 ml milk.
- A tablespoon of butter.
- Salt and pepper to taste.

Add all ingredients into the milk and simmer (boil on low heat) for 30 minutes or until it becomes creamy. Serve the morogo hot with putu pap or with samp.

Variations

Add two medium-sized diced potatoes and another spoon or two of milk while you are cooking the morogo. Mash the potatoes with the morogo when it is done. If you wish, you can add a tablespoon of peanut butter or normal butter. [UM](#)