

Greens

Callaloo (West Indian greens) - at least a pound or large bunch

Onions, chopped coarsely - about a cup per pound of greens

Roma tomatoes, chopped coarsely - about a cup per pound of greens

Oil - about 1/4 cup per pound of greens

Salt to taste

Wash greens@ and cut into thin ribbons, omitting the center stem if woody. Heat oil in a deep pan. Add onion and cook for 1 minute. Add greens and stir thoroughly to distribute oil over the leaves. Each leaf should have a thin sheen of oil on it. Cover and cook for 10 to 15 minutes, stirring thoroughly several times. Sprinkle very liberally with salt (it is supposed to be a salty dish). Add chopped tomatoes and stir thoroughly. Cook for five more minutes. Eat warm or at room temperature.