

Mozambique

Africa

Menu

1. *Salada pera de abacate* (avocado salad)

Ingredients:

- 1 head Iceberg lettuce
- 1 can peaches (cut into slices)
- 2 tomatoes, cut in 8 1 in. slices
- 2 avocados, cut in thick slices

Lemon dressing

Combine 1 cup lemon juice and 1 cup olive oil. Shake 1 cup peach juice (from can), 1 tsp. salt, 1 tsp. salad herbs, 1/4 tsp. pepper together.

Directions:

Arrange slices of peaches, tomatoes and avocados over iceberg lettuce and drizzle lemon dressing on top.

2. Cooked rice

3. Grilled shrimp pili pili

Ingredients:

- 2 lbs. uncooked jumbo shrimp
- 1 tsp. minced hot chili
- 4 medium garlic cloves, coarsely chopped
- 2 Tbsp. freshly squeezed lemon juice
- 2/3 cup peanut oil
- Salt, pepper and lemon to taste

Directions:

Shell and de-vein the shrimp. Wash under cold water and dry. Place the chili, garlic, lemon juice, and 1/3 cup peanut oil in a bowl and whisk until mixed well. Gradually drizzle the remaining oil and add salt and pepper. Place shrimp in a separate large bowl and pour mixture over them. Cover the bowl and place in the refrigerator for at least three hours. When ready to cook, preheat the broiler. Remove the shrimp from the marinade and place them under the broiler. Cook for two minutes on each side. Serve with rice and lemon quarters.

Consumption comparisons

Average calories per person, per day

United States of America: 3,699

Mozambique: 1,832

Percentage of children underweight

United States of America: 1%

Mozambique: 27%

Life in Mozambique

Mozambique gained its independence from Portugal in 1975 and became a republic in 1992. Nearly 80 percent of Mozambique's residents earn their living in agriculture. Many farmers have very little land and struggle just to grow enough food to feed their families.

Typical meal

A typical meal consists of caracata made from cassava and a sauce of greens and tomatoes.

Little Bastian



Bastian Evaristo is two and a half years old. He is undernourished and weighs less than 15 pounds, half of what a child his age should weigh.

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