

## Diet

The Turkana diet is very dependent on the external environment. During times of drought, their cattle may not provide much milk that is commonly used for trade to acquire other food products. Camel milk is the most reliable, followed by goat milk. During rainy seasons, some Turkana will keep gardens for vegetables and grains. During the other seasons Turkana trade milk for vegetables, chickens, grains, and nonedible goods. The foods most used by the Turkana in cooking are corn, beans, onions, wheat flour, cabbage, chicken, beef, and tomatoes.

### Healthy recipe

#### Turkana cabbage (serves 4-6)

##### *Ingredients*

½ white onion, chopped  
2 medium tomatoes, chopped  
1 tsp. vegetable oil  
1 green cabbage, chopped

##### *Directions*

1. Sautee the onions and tomatoes in the oil until the onions are carmelized.
2. Add the cabbage and stir over low heat for 3 minutes, or until it is slightly browned and a little crisp.
3. Serve with rice and roasted chicken.