

Gayatri Greens

Prep Time

5 minutes

Prep Notes

n/a

Cooking Time

7 minutes

Yields

4 servings

Ingredients

1 bunch Swiss chard
2 tbsps coconut oil
1 tsp black mustard seeds
1 tsp ground cumin
1 tsp ground coriander
1/2 tsp sea salt

Directions

1. Wash chard, cut out stems, and chop leaves into 1-inch pieces.
2. Heat oil in a frying pan on medium-high.
3. When the oil is hot, add mustard seeds and cook, stirring for 1 minute.
4. Add cumin and coriander and cook for another 30 seconds, stirring. The mixture should be fragrant.
5. Add the chard and salt. Mix well and cook 3-5 minutes until chard is wilted.
6. Serve immediately.

Notes

- These Indian style greens bare the name of a powerful Hindu Goddess and also a beautiful mantra (prayer) that is said to represent the divine awakening of the mind and soul.
- These greens pair well with most meat entrees or baked tofu.