

## Simple Sauteed Greens



Dark leafy greens such as kale, mustard, turnip and collards are rich in vitamins and minerals and are cooling and healing for the liver. This recipe is good for all body-types. Use Spinach, chard and beet greens less often as they are high in oxalic acid which prevents calcium absorption.

1 bunch organic greens (collards, kale, mustard...)

1 tsp sunflower oil, coconut oil or ghee

1/2 tsp whole cumin seeds

1 tsp coriander powder

Squeeze of lime and salt to taste

- Wash the greens well
- Remove the stems and tear or cut the leaves into strips
- Add an inch or two of water to a skillet and add greens
- Cover and simmer for 10 - 20 minutes until greens are quite soft
- In a separate pan heat oil and add cumin seeds. When the crackle, add coriander powder and mix well. Brown but don't burn
- When greens are cooked, pour any remaining water and greens into bowl
- Pour spices over greens and enjoy.

### **Other Alternatives:**

- Drizzle cooked greens with raw olive oil and a little salt to taste.
- Cook in some garlic with the greens if you can handle the heat.
- Put greens cooking water and spices in a vitamix or other blender and blend well to make soup. Enjoy!