



COOLING COCONUT AND KALE SAUTE´

Vata ↑, Pitta ↓, Kapha ↓

Serves: 2

Prep Time: 5 minutes

Cook Time: 10 minutes

INGREDIENTS

- 1 bunch of kale
- 1 tablespoon coconut oil
- 1/2 teaspoon cumin seed, whole
- 1 tablespoon almond slivers
- 1 teaspoon Pitta Churna*
- 1 tablespoon finely minced fresh ginger
- 1/4 cup water
- 2 tablespoons shredded coconut
- 1/2 lime, juiced
- 1/8 teaspoon salt

*Replace with Agni Churna or a mixture of 1/4 teaspoon turmeric, 1/4 teaspoon cumin powder, 1/4 teaspoon coriander powder, 1/4 teaspoon fennel powder, and a pinch of cardamom and ginger powder.

DIRECTIONS

1. Remove the stem from the kale leaves. Chop the leaves into thin slices.
2. Heat a large sauté pan over medium heat and add in the coconut oil.
3. Once heated, add in the cumin seed and slivered almonds and sauté for 2 minutes stirring frequently. Add in the Pitta Masala and fresh ginger and sauté for another 30 seconds. If Pitta Masala is not available, replace this blend with 1/4 teaspoon each of turmeric, fennel, cumin, and coriander powder.
4. Add in the chopped kale and the water. Stir well to coat the kale with the oil and spice mix evenly. Cook over medium heat for 4 minutes stirring continuously.
5. Stir in the shredded coconut and cook for an additional 30 seconds.
6. Turn off the heat but keep the pan on the hot burner. Add in the lime juice and salt and blend all of the ingredients together evenly.
7. Serve this dish as a light dinner, a healthy snack, or as a side dish to any meal.

OPTIONAL DOSHIC VARIATIONS

Vata:

Kale tends to be Vata-provoking due to its rough, dry, light and airy nature. To make this recipe more suitable for Vata types the coconut oil can be replaced with 2 tablespoons of sesame oil and the lime juice can be replaced with lemon which is a bit more warming and Vata-reducing. If available, Vata Churna can be used in place of Pitta Churna and extra spices can be used all around. When cooking the kale, add an even larger splash of water (about 4 tablespoons) and increase the cook time to 5 minutes, making sure to stir every 30 to 60 seconds and add more water as needed. This extra steaming process will add a bit more moisture to the kale and result in a well-cooked, easier to digest meal.

Pitta:

This recipe is naturally very cooling and Pitta-reducing. No changes needed!

Kapha:

The dry, light, and airy nature of the kale make this recipe a healthy dish for Kapha types to enjoy regularly. The coconut and almonds can be a bit heavy if Kapha is in excess however, and in this case the amounts can be cut in half. The coconut oil can be replaced with sunflower oil. The spices should be used generously to help kindle the digestion, and the Pitta Churna can be replaced with Kapha Churna (if available).