

SAUTED KALE AND GOLDEN TAHINI SAUCE

Vata↓, Pitta↑*, Kapha↑*

Serves 4 to 5 / Prep Time: 15 minutes / Cook Time: 15 minutes

*See modifications to balance Pitta and Kapha

FOR THE SAUCE

- 3/4 cup tahini, raw or roasted (use 1/3 cup for Kapha and Pitta)
- 1 tablespoon sesame oil (use coconut oil for Pitta; reduce to 1 teaspoon for Kapha)
- 1/8 teaspoon cumin, freshly ground
- 1/8 teaspoon brown mustard seed, freshly ground (omit for Pitta)
- 1/4 teaspoon turmeric powder
- 1/8 teaspoon freshly ground black pepper
- Large pinch cayenne pepper (optional, omit for Pitta)

FOR THE KALE

- Green kale, one bunch
- 1/4 cup water
- 2 tablespoons sesame oil (use coconut oil for Pitta; reduce to 1 tablespoon for Kapha)
- 1/2 teaspoon cumin seed, whole
- 1/4 teaspoon brown mustard seed, whole
- 1/8 teaspoon freshly ground black pepper
- 1/8 teaspoon pink Himalayan salt
- 1/2 lemon (use lime for Pitta)

PREPARING THE SAUCE

1. In a small sauce pan, heat 1 tablespoon of sesame oil over medium heat.
2. Once hot, add the cumin seeds, brown mustard seeds, and freshly ground black pepper. Stir spices continuously over medium heat for about 2 minutes.
3. Add in the turmeric powder and cayenne pepper (if used). Sauté for 30 seconds.
4. Add the tahini and reduce the heat to low. Let the tahini sauce simmer for about 3 minutes. Stir with every minute.
5. Remove the pan from the heat and set it aside until needed.

PREPARING THE KALE

1. Rinse the kale in water and shake it dry. Cut the leaves down the center and remove the stems.
2. Place the stemmed kale leaves onto a cutting board and chop them horizontally into one inch slices.

3. Heat the sesame oil over medium heat in a large skillet or sauté pan. Once the oil is hot, add in the cumin seeds, brown mustard seeds, and black pepper. Sauté for 2 minutes stirring frequently.
4. Stir in the chopped kale and the water. Sauté over medium heat, uncovered, for 5 to 7 minutes or until the kale is bright green, moist, and tender. Take off of heat.
5. Add the tahini sauce to the kale and stir until the sauce evenly coats the entire bunch of sautéed greens.
6. Squeeze a half of a lemon onto the dish and sprinkle in the salt. Let everything sit covered for 3 to 5 minutes before serving.
7. Eat, share, nourish, and enjoy!!