



DAIRY-FREE SPINACH SAAG

Vata ↓, Pitta ↑, Kapha ↓

Serves: 4 to 5

Prep time: 15 minutes

Cook time: 15 minutes

INGREDIENTS

- 16 ounces baby spinach leaves, chopped
- 1/2 medium onion, chopped
- 4 garlic cloves, finely minced
- Fresh ginger (2-inch cube), finely minced
- 1/4 cup chopped cilantro leaves
- 3 tablespoons ghee (use 2 tablespoons for Kapha)
- 1/2 teaspoon brown mustard seeds, whole
- 1/2 teaspoon cumin seeds, whole
- 1/4 teaspoon salt, divided
- 1 teaspoon turmeric powder
- 1/8 to 1/4 teaspoon cayenne pepper (optional)
- 1 teaspoon Vata Churna*
- 1/4 cup water
- 1/2 lime, juiced

*Vata Churna can be replaced with Kapha Churna, Agni Churna, Garam Masala, or our DIY Tridoshic Spice Blend (see website for recipe).

DIRECTIONS

1. Prepare by chopping the spinach, onion, garlic, ginger, and cilantro to have at hand for cooking.
2. Heat a large sauté pan over medium heat and add in the ghee.
3. Once heated, add in the chopped onion, brown mustard seeds, cumin seeds, and 1/8 teaspoon of salt. Cook over medium heat for 3 minutes stirring frequently.
4. Add in the minced garlic and grated ginger. Cook here for 1 to 2 minutes.
5. Add in the turmeric powder, cayenne pepper (if using), and Vata Churna. Stirring constantly, cook here for 30 seconds.
6. Add in 1/4 cup of water and then the chopped spinach. Stirring constantly, cook here for 5 minutes or until the spinach has wilted and turned a bright green.
7. Turn the heat off, but keep the pan on the hot burner. Add in the cilantro, lime juice, and the remaining 1/8 teaspoon of salt. Stir well.
8. 8. Enjoy this saag recipe with some basmati rice, chapati, roti, nann, dal, or as a side dish to any meal.

Ingredient tip: Heavy cream, whole milk, or Greek yogurt can be used to replace the water to make this recipe a bit more creamy, Vata-reducing, bone strengthening, and delicious!