

Gayatri Greens

Prep Time: 8 minutes

Cooking Time: 10 minutes

Yields: 4 servings

Ingredients:

1 bunch Swiss chard

2 tablespoons coconut oil

1 teaspoon black mustard seeds

1 teaspoon ground cumin

1 teaspoon ground coriander

½ teaspoon sea salt

½ cup organic plain yogurt

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.
5. Add chard and salt. Mix well and cook 3-5 minutes, until chard is wilted.
6. Turn off heat, stir in yogurt and enjoy.

Notes:

- * These Indian style greens bear 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.