

Basic Saag Yumminess

This recipe was adapted from a couple of Indian Saag recipes that I like. It is an extremely flavorful meal you can keep it vegetarian or add lamb or chicken to make a full meal out of it. Indian chefs tend to cook their veggies for long periods of time and while it is important to let this simmer for a time I prefer to keep the greens bright and fragrant. You should expect that this dish will assist with detox; it's a great dish to have around dental work especially that involve the removal or mercury amalgams. It would also be a dish that would offer a lot at the beginning of a cleanse. This dish is not hot as the chilies and garlic should be left whole so as to impart a subtle heat and pungency.

2 bunches of chard (you may also use 1 and 1/4 lbs of spinach)- trimmed and washed.

2 teaspoons of ghee

10 whole cloves of garlic

2-5 dried red chilies whole (optional)

½ teaspoon cumin seeds

1 teaspoon of black mustard seeds

½ teaspoon salt (or to taste) if coming off a fast start without adding salt

1 bunch of chopped fresh cilantro leaves

vegetable or bone broth (about a cup)

Steam the greens by chopping the greens and putting in a skillet with a little veggie broth. When greens have wilted put them in a food processor (alternately you can use an immersion blender for a finer puree) to finely chop the spinach or chard and the cilantro leaves. Set aside while prepping the following.

Heat a skillet to Med-high heat. In the dry hot skillet add mustard seeds and cumin and reduce heat to medium; stir until they crackle. Add the olive oil and then add the garlic; stir for about 15-60 seconds until garlic is softened but not brown. Add the whole chilies and stir until lightly browned, about 30 seconds.

Add the pureed/chopped spinach or chard and cilantro to the skillet and add more vegetable broth. Cook just long enough to remove most of moisture from the spinach or chard and for it to turn bright green. Do not overcook. The Saag should be a little moist.

If you prepared meat add it to warm and flavor together on medium heat for 5 minutes or less. Serve over brown rice, cauliflower rice, or quinoa.