



Sautéed Swiss Chard

This sautéed Swiss chard is a simple Ayurvedic greens recipe that supports digestion while incorporating nourishing leafy vegetables into daily meals.

Servings: 2-3

Preparation Time: 20 minutes



Ingredients

- 1 Tablespoon **ghee** (or **make your own**) or **olive oil**
- 1 teaspoon **cumin seeds**
- 1/2 teaspoon **coriander seeds**, slightly ground
- 1/4 teaspoon **black pepper powder**
- 1/2 inch ginger, minced
- 1/2 of a medium onion, sliced
- 2 cloves of garlic, minced
- 1 bunch of Swiss chard, chopped into 1-inch ribbons
- 1/2 teaspoon **salt**, more or less to suit taste
- 2 **dates**, pitted and chopped
- Garnish with a squeeze of lime and chopped cilantro

Sautéed Swiss Chard (Cont.)



Instructions

- Mix the three powdered herbs and store them in an airtight glass jar or metal container.
- Take 1/4 teaspoon before meals to stimulate hunger or take 1/2 teaspoon after meals as a digestive.
- Take with warm water for kapha dosha.
- Mix in ghee for vata and pitta dosha, then follow with warm water. A "pill" can be made by rolling the trikatu in solid ghee in your palm just before consuming. The ghee will buffer the intensity of these herbs for vata and pitta.
- If these ingredients are in a whole, dried form, grind them before measuring to get equal quantities.

This recipe is appropriate for all dosha types. Adjust the quantities of spices by dosha. Pitta may want to avoid the garlic and onion.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

