

Emerald Sesame Greens

1 T. coconut oil
1 tsp toasted sesame oil
1 C. slice shitake mushrooms
4 cloves garlic, minced
1 T. minced fresh ginger
1 bunch Lacinato kale – washed, stems removed, leaves chopped
1 bunch Swiss chard – washed, stems removed, leaves chopped
1 T. tamari or soy sauce
½ C. raw cashews

Heat oils in a large sauté pan over medium heat. Add mushroom, sauté 5 minutes until tender, or oven roast the mushrooms at 375° until tender.

Add garlic and ginger, and sauté 1 minute or until garlic just starts to brown.

Add kale and chard; sauté 4 minutes, stirring frequently.

Sprinkle some water over the kale if it begins to stick to the pan.

Add the tamari and stir to incorporate.

Cover the pan and cook on medium for 5 minutes.

Top with toasted cashews.

Serves 4

Adapted from Whole Foods Cookbook