

# Gayatri Greens

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## Prep Time

5 minutes

## Prep Notes

n/a

## Cooking Time

7 minutes

## Yields

4 servings

## Ingredients

1 bunch Swiss chard  
2 tbsps coconut oil  
1 tsp black mustard seeds  
1 tsp ground cumin  
1 tsp ground coriander  
1/2 tsp sea salt

## 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. The mixture should be fragrant.
5. Add the chard and salt. Mix well and cook 3-5 minutes until chard is wilted.
6. Serve immediately.

## Notes

- These Indian style greens bare 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.
- These greens pair well with most meat entrees or baked tofu.