

MEDITERRANEAN GREENS & GRAINS

Ingredients

Greens, Part 1

5-6 kale leaves torn in pieces
5-6 red swiss chard leaves torn in pieces
2-3 collard greens torn in pieces
handful of spinach leaves
handful of basil leaves
½ cup chopped purple cabbage
sprinkle of red pepper flakes
2 garlic cloves cut in half
1 inch piece of kombu

Greens, Part 2

Red onion cut in half-moon slices
1 inch of chopped ginger
1 T ground cumin
1 T olive oil or grapeseed oil
splash of apple cider vinegar

Grains

½ cup dry quinoa (I use tri-color for the immense flavor)
½ T coconut oil
2 cups filtered water

Mediterranean

½ cup pitted & chopped kalamata olives
1 cup diced tomatoes
1 cup diced cucumbers
2 garlic cloves finely diced
¼ c. fresh hummus

First, put the quinoa and the ½ T of coconut oil with the 2 cups of filtered water in a covered pot and turn it to high heat. Once it comes to a boil, turn it down to simmer.

While the quinoa cooks on simmer, fill a large pot with about an inch of water and the kombu. In a steamer basket, put the garlic halves in first followed by all the different greens and topped with the red pepper flakes. Cover the pot and turn the heat up to high. Let it steam until everything is slightly wilted.

Once the quinoa looks almost done and the greens are steamed, put the contents of the steamer basket into a food processor along with a little bit of the steaming water and process until a dark green paste is formed.

In a skillet, warm the grapeseed (or olive) oil and add the ginger and red onion. Stir to coat and when the aromas release, add the cumin and sauté thoroughly. Add a splash of apple cider vinegar to deglaze the pan and then fold the dark green paste into the skillet.

In a big bowl, toss the quinoa, the greens mixture, and the vegetables. Scoop into serving bowls and top with a little fresh hummus.

