

Warm Coconut Greens

This salad incorporates the trendiest fashion for greens in the food media. Food writers, Mark Bittman for the New York Times, and Russ Parson at the Los Angeles Times, have recently taken a stand against the bitter flavor and tough texture of raw spinach and kale in salads. With minimal prep, these greens can transform into a sweet, warm comfort dish, without losing the rich nutrients of their raw form.

1 1/2 tablespoons unsweetened coconut, lightly toasted
1 shallot
1 large clove of garlic
1/2 teaspoon sea salt
1 tablespoon olive oil
1 teaspoon mustard seeds
1 teaspoon whole cumin seeds
1 teaspoon red pepper flakes
1 1/2 pound of fresh spinach
3 tablespoons fresh squeezed lemon juice
2 cups of dino kale

Massage each leaf of kale with hands until fibers breakdown and leaves become silky. Set aside.

In small food processor, blend shallot, garlic, and salt into a paste.

Heat olive oil in large wrought-iron skillet over medium heat. Add garlic-shallot paste, pepper flakes, cumin and mustard seeds, and stir until garlic and onions are slightly brown. Stir in the spinach and keep stirring constantly until spinach wilts slightly and turns bright green, usually this takes less than a minute.

Remove spinach from pan and mix into large bowl with raw kale.

Top with lemon juice and toasted coconut.

Makes 2 servings, approximately 150 calories

Adapted with permission from: Heidi Swanson's Spiced Coconut Spinach.

Bittman, Mark. "Spinach is a Dish Best Served Cooked." The New York Times Magazine. April 5, 2012. http://www.nytimes.com/2012/04/08/magazine/spinach-is-a-dish-best-served-cooked.html?_r=0

Parson, Russ. "The California Cook: Kale in a Salad? Yes." The Los Angeles Times. March 10, 2012. <http://articles.latimes.com/2012/mar/10/food/la-fo-calcook-20120310>

Swanson, Heidi. "Spiced Coconut Spinach Recipe." 101 Cookbooks. May 9, 2011. <http://www.101cookbooks.com/archives/spiced-coconut-spinach-recipe.html>