



SUNFLOWER KALE SALAD



Tags: [Fall](#), [Pitta](#), [Spring](#), [Summer](#), [Winter](#)

Prep Time: 5 minutes

Cook Time: 15 minutes

Serves: 4

Directions:

1. Remove stems from kale, wash and chop the leaves. Set aside.
2. Gently roast the sunflower seeds in a warm, dry pan until lightly browned. Put aside.
3. Warm oil in a saucepan on medium-low, add the cumin seeds, and let pop, careful not to burn. Add remaining spices and gently sauté. Add chopped kale and sauté until kale is coated with oil and spices. Add tamari or bragg, toss, and sauté long enough so that the greens are slightly



wilted. Turn off heat, add sunflower seeds serve warm.

Makes a great side dish to any meal!

Ingredients:

2 bunches kale*

2-4 TBSP of ghee*

2 tsp cumin seeds

1 tsp turmeric powder

1/2 tsp coriander powder

2 tsp cumin powder

2/3 C Sunflower seeds, lightly roasted

3 TBSP coconut aminos

*Pitta can use ghee or coconut oil. *Kapha can use sunflower or sesame oil *Vata can use sesame oil or ghee

*Kale can be substituted or added with chard, dandelion or collard greens

This is my favorite salad and has amazing nutritious benefits!

Dark leafy greens are bitter, one of the 6 ayurvedic 6 tastes and one that we don't consume enough. Consuming kale or any dark leafy greens in their raw form can aggravate vata as they are cold, dry, and light. However, if we prepare it with a little oil and spices it can improve the digestion and absorption of the nutrients. You can pair kale with other greens such as dandelion, chard or collard greens. If dandelion, chard or collard greens are the only green in your fridge, you can make this salad just the same.

Dark leafy greens are considered superfoods and studies suggest that it helps the liver neutralize potentially cancerous substances. The seat of pitta is in the liver and consuming more dark leafy greens can support common pitta type imbalances such as acne, eczema, and general inflammation in the body. These greens contain high levels of chlorophyll which helps to purify the blood, prevents anemia,



important for heart health, regenerates the tissues, and regulates cholesterol. They are also high in beta-carotene, an important nutrient for good vision. It is an excellent source of Vitamin C, which is great for cold and virus prevention and reducing the risk of colon cancer.

Adding these greens to a fresh blended juice with berries and most importantly spices such as turmeric, black pepper and lemon can be powerful for cleansing the liver, kidneys and alkalizing the blood which will support common issues with PMS and menopause.