

SAUTEED MOROCCAN GREENS with DRIED APRICOTS & CHOPPED ALMONDS

serves 4 as a side

This is one of my standard dishes at any holiday gathering or any old day of the week. I love kale and have done a variation on this dish a million times over. Without fail, the kale is the hit of the meal. Kale is very nutrient dense with things like calcium and iron, helps to lower cholesterol and is all around a super food and contain absorbent forms of lutein and zeaxanthin, both shown to ward off macular degeneration and cataracts. Almonds are high in vitamin E which is important for overall eye health. Dried apricots are high in vitamin A, or beta carotene. While beta carotene is good for you as it has been shown to fight cancer in those who do not drink heavily or smoke, those who do need to be careful with their overall consumption.

INGREDIENTS:

- 2 large bunches of kale, ripped from stems into bite size pieces, blanched and shocked (mix and match, use green, use red, use lacinato, use all three)
- 1/4 tightly packed cup dried apricots, cut into quartered
- 1 Tbsp. minced garlic
- 1 Tbsp. minced ginger
- 2 tsp. ras el hanout spice blend (buy it or create from what you have)
- 1/4 cup rough chopped almonds (it's up to you if you feel like roasting them)
- 1 Tbsp. extra virgin olive oil
- salt to taste

PROCEDURE:

1. Heat a medium to large skillet over medium heat. Add a sprinkle of salt to create a non stick effect. Let heat for 30 seconds.
2. Add olive oil. Heat for one minute, making sure not to burn the oil.
3. Add apricots and let soften. Then add ginger and garlic. When fragrant add ras el hanout spice blend. Stir until spice blend starts to brown, not burn.
4. Add kale and a pinch of salt. Toss to combine and coat with spice blend. When kale is wilted, add almonds, reserving some for garnish.
5. When thoroughly combined, remove from heat. Salt to taste.

TO BLANCH AND SHOCK KALE

PROCEDURE:

- Fill large pot with water, sprinkle with salt (roughly 1 Tablespoon).
- Bring to a boil
- While waiting for the water to boil, prepare a large bowl of ice water
- Put kale in the boiling water for 15 seconds. Remove and put in a bowl of ice water to shock
- When all kale is finished, drain and squeeze out all of the water

RAS EL HANOUT

INGREDIENTS:

- 1 tsp. ground cumin
- 1 tsp. ground ginger
- 1 tsp. turmeric
- 1 tsp. salt
- 3/4 tsp. ground cinnamon
- 3/4 tsp. ground black pepper
- 1/2 tsp. ground coriander
- 1/2 tsp. cayenne
- 1/2 tsp. ground nutmeg
- 1/4 tsp. ground cloves

PROCEDURE:

1. Whisk all ingredients together