Coconut Curried Cauliflower with Kale

Yield: 4 servings

1 Tb coconut oil
1 medium onion, thinly sliced (2 cups)
4 cloves garlic, minced
2-inch piece ginger, peeled and minced
2 tsp curry powder or turmeric
½ large head cauliflower, cut into florets, (4 cups)
½ cup water
¼ tsp Celtic sea salt
1 cup mushrooms, thinly sliced
2 cups kale, stems removed, coarsely chopped
1 13.5 oz can coconut milk or 1 ¼ cups homemade coconut milk
   (link to my recipe)

- Heat the coconut oil in the bottom of a skillet on medium heat.
- When the pan is hot add the onion and cook, stirring until onions are soft, about 8 minutes.
- Add the garlic and ginger, and cook for another minute, until fragrant.
- Add curry, stir for a minute.
- Add the cauliflower, mushrooms, water and sea salt. Cook, covered, for 5 minutes, or until the cauliflower is half done and most of the water is absorbed, stirring occasionally.
- Add the kale, and coconut milk, and turn down to a simmer to cook for another 3-5 minutes, until the vegetables are tender.
- Serve warm.