

# Spinach Palak

- $\frac{3}{4}$  cup raw or roasted cashews
- 1 yellow onion, roughly chopped
- 1 tablespoon Garlic-ginger Paste (below)
- $\frac{1}{4}$  cup water
- 2 tablespoons unrefined cane sugar
- $\frac{3}{4}$  teaspoon salt
- 1 teaspoon ground coriander
- $\frac{1}{2}$  teaspoon ground cumin
- $\frac{1}{2}$  teaspoon garam masala
- Pinch of crushed red pepper flakes
- 1 tablespoon vegetable oil
- 2 heads spinach, washed and roughly chopped (some stems ok)

Soak cashews in water to cover for 30 minutes. Drain thoroughly.

Combine cashews and next 10 ingredients (from onion through oil) in a food processor. Blend at least 3 minutes, until pureed. Remove to a bowl. Without rinsing processor, add spinach in batches and puree.

Heat a large skillet over medium-low heat. Pour cashew sauce into pan and cook, stirring frequently, for 3 minutes, until onion has mellowed. Add pureed spinach and cook, stirring frequently, for another 5-7 minutes, until soft and bright green in color. Salt to taste and serve warm.

## Garlic-Ginger Paste

- 1 head garlic, cloves separated and peeled
- 1 2-inch piece fresh ginger, peeled
- A touch of water and lemon juice

Blend all ingredients in a food processor until smooth. Scoop into plastic snack bags to store, or freeze in ice-cube trays in handy tablespoon-size portions.