



KALE RUEBEN

Makes 2 sandwiches

This sandwich has an ardent following among the Karma Yogis at the Ashram, for good reason! Made with our lively homemade Ashram Sauerkraut and Yogurt, layered onto our Rye Sourdough (all recipes you'll find in the cookbook!) it reflects the heart of our kitchen – cooking with what is on hand to create a nourishing meal. It's also a way of honouring the abundance of kale that the garden, and the hands that tend it, so generously provide us throughout the year.

INGREDIENTS

- 2 Tbsp (30 ml) extra-virgin olive oil
 - 4 garlic cloves, lightly crushed
 - 2 bunches Tuscan kale, centre ribs and stems removed, leaves coarsely torn
 - 1 cup (240 ml) Ashram Sauerkraut, drained or sauerkraut of choice
 - ¼ cup (60 ml) Ashram Yogurt or a yogurt or vegan yogurt of choice
 - a pinch of chili flakes, optional
 - salt
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- 4 slices Ashram Sourdough Rye Bread or bread of choice
 - 2 slices Gouda cheese (about 3 oz / 85 g total) or vegan cheese of choice
 - ¼ cup (25 g) finely grated Parmesan, or vegan Parmesan
 - 2 Tbsp (30 g) butter or olive oil
 - Dijon mustard and Ashram Dill pickles to serve



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METHOD

In a large skillet over medium-low heat, warm the olive oil. Add the garlic and cook, turning occasionally, until lightly golden, about 2 minutes.

Add the kale in handfuls, stirring often and letting each addition wilt before adding the next. Pour in $\frac{1}{2}$ cup (120 ml) water, then increase heat to medium-high and bring to a simmer. Cook, tossing occasionally, until the kale is tender and the pan is mostly dry, about 5 minutes (add more water if needed).

Transfer the kale to a medium bowl; discard the garlic if desired or chop it up and add it in. Stir in the sauerkraut, yogurt, and chili flakes if using. Season to taste with salt.

Lay out the bread slices on a cutting board. Divide the kale mixture between 2 slices, then top with the Gouda and Parmesan. Close the sandwiches with the remaining bread.

Divide 1 tbsp (15 g) butter or olive oil over the top sides of the sandwiches.

Wipe out the same skillet you used to sauté the kale and heat over medium heat. When hot, place the sandwiches buttered side down. Press gently with a lid or spatula.

Spread the remaining butter or olive oil over the top sides. Cook for about 4 minutes, until golden brown, then carefully flip and cook on the other side for about 4 minutes or until the bread is toasty and the cheese is starting to melt.

Transfer back to the cutting board, slice in half, and serve warm with Dijon mustard and an Ashram Dill Pickle.