

## ONE CUP OF GINGER TEA

Grate 1 heaping teaspoon of peeled ginger root into a cup of hot water. Let the tea steep for two minutes. Strain or let the ginger settle to the bottom of the cup. Add chopped mint or a lemon slice if you wish.

\* Ginger is an excellent digestive aid and anti-inflammatory appropriate for any dosha. It is a warming (pungent) food so it can be especially helpful in pacifying vata.

## GOLDEN MILK (Serves 1)

### Ingredients

- ½ cup water
- 1 teaspoon turmeric
- ½ tablespoon freshly shredded ginger
- 1 cup milk

### Directions

1. Add spices to water and bring to a boil
2. Add the milk and return to boil (watch carefully so it doesn't over boil)
3. Lower temp and simmer for 5 minutes
4. Strain and serve

\* Sweetener can be added if desired. "Golden Milk" is a tasty and medicinal drink recommended by most Ayurvedic practitioners. Drink it an hour or two before bed to help you sleep. The turmeric is a medicinal herb that reduces inflammation. It is important to bring the milk to a full boil. This breaks down the lactose and makes it much easier to digest.

## CHAI TEA LATTE (Serves 2)

### Ingredients

- 2 cups milk
- 1 cup water
- 1 ½ teaspoons loose Darjeeling or Earl Grey tea
- 1 ½ inch piece cinnamon stick
- 9 green cardamom pods, crushed slightly in a mortar and pestle
- 7 whole cloves
- 1 ½ inch piece fresh ginger, peeled and cut into chunks
- 6 black peppercorns
- 1 tablespoon agave nectar, honey or maple syrup

### Directions

Combine all ingredients in a medium saucepan and bring to a boil. Remove from heat, cover and let steep for 15 minutes. Then return to a boil, strain and serve hot. Add more sweetener as desired.

\* Zac and I drank Chai all the time on our trip through India. Pre-made chai can be bought at any grocery store but when it is made from scratch, it is so much tastier. I like to mix a big jar of the dry ingredients and store it in my pantry so it's ready to go.

## HOT ALMOND AND DATE DRINK TO BOOST OJAS

### Ingredients

- 10 raw, soaked and peeled almonds (see below directions for soaking almonds)
- 2 -3 pitted Medjool dates, soaked in ¼ cup boiling hot water for 2 -3 minutes
- 1 cup milk (almond milk is great)
- ¼ teaspoon cinnamon
- ¼ teaspoon cardamom
- 1 teaspoon ashwaganda powder (order bulk herb from [banyonbotanicals.com](http://banyonbotanicals.com))
- 1 teaspoon ghee (optional)

### Directions

Put the almonds and dates in a blender. Blend well until almonds are well ground. Heat the milk on the stove. Add the herbs: ashwaganda, cinnamon and cardamom (with a pinch of dried ginger in the winter if you wish). Bring to a boil, but watch carefully so milk does not boil over. Add the hot milk mixture to the almond date mixture. Add the ghee (optional) and blend well.

### Soaking Almonds:

Soak 20-30 raw almonds in fresh water overnight or for several hours. Remove the skins from the almonds by firmly squeezing the almond until the peel slips off. Discard the peel and store the almonds in a glass jar of fresh water. They can be kept in the refrigerator for up to a week. Change the water every 1 – 2 days. The peeled almonds are a great snack and can be used in this delicious ojas (immunity) boosting beverage.

## VANILLA LASSI (Serves 2 – 3)

### Ingredients

- 12 – 14 strands of saffron
- ¼ teaspoon ground cardamom
- ¼ teaspoon vanilla extract
- 2 teaspoons fresh squeezed lemon juice
- 1 cup plain yogurt (fat free or whole milk – whatever you prefer)
- 1 cup cold water
- 1 tablespoon agave nectar to taste
- small pinch of salt

### Directions

1. Crush saffron in a mortar and pestle until a fine powder. Add a little water to the mortar to lift saffron and create an orange-colored solution. Pour into blender.
2. Add cardamom, vanilla, lemon juice, yogurt, water, agave and salt to blender as well and blend until smooth and frothy.
3. Serve with a dash of nutmeg over the top for garnish.

\*Lassis are a great after-meal treat. They help prevent bloating and aid digestion. They also make a great breakfast. Yogurt is a great ingredient, but it is best when diluted with water for ease of digestion. Try adding half a fresh mango or other fruit to this recipe for a fruitier version.

## HOMEMADE MASALA (SMART SPICE)

### Ingredients

- 10 teaspoons fennel seed
- 6 teaspoons coriander seed
- 6 teaspoons cumin seed
- 2 teaspoons turmeric

### Directions

1. Measure out all ingredients.
2. In a small, dry pan, toast each seed individually for two minutes or until aromatic. Stir while toasting and be sure not to burn.
3. Grind all seeds in a mortar and pestle or spice grinder and combine.
4. Add turmeric and return to warm pan to toss and combine.
5. Allow spice mixture to cool on a plate or sheet of paper.

\* Store Smart Spice in an airtight spice jar. This masala is a great addition to sautéed or steamed vegetables, dahl or rice. Use liberally. This is a tri-doshic masala, meaning it is healthy and appropriate for any dosha. Turmeric is an excellent anti-inflammatory and it provides this masala with its beautiful golden color. For a more unctuous option with no grittiness, infuse olive oil or ghee with smart spice by sautéing it briefly and straining out solids with a tea strainer and cook veggies in this tasty infused oil.

# KICHADI

## Ingredients

- 1 cup basmati rice
- ½ cup split mung Dahl
- ½ heaping teaspoon cumin
- ½ heaping teaspoon coriander
- ½ heaping teaspoon turmeric
- 1 teaspoon cumin seed
- 1 teaspoon mustard seeds
- ¼ teaspoon black pepper
- 1 inch fresh ginger, minced
- 1 tablespoon ghee
- 1 teaspoon salt
- Bragg's Liquid Aminos
- Any veggies you have on hand

## Directions

1. In a medium-sized sauce pan, sauté all spices in 1 tablespoon of ghee until aromas release
2. Mix the rice and dahl into spice mixture and cook for 2 – 3 minutes
3. Add 5 cups of water and salt, bring to a boil and cook for 10 minutes
4. Lower heat and simmer for 30-40 minutes
5. Add chopped carrots or other veggies if you like (peas, chard, broccoli, zucchini, cauliflower, etc..)
6. Splash with Bragg's Liquid Aminos (a soy sauce substitute)

\* Kichadis are at the core of Ayurvedic nutritional healing. They are the primary food in Pancha Karma, (Ayurvedic cleansing therapy) because of their ease of digestion and assimilation. Kitchadi balances all three doshas.

## MUNG DAHL (Serves 3 – 4)

### Ingredients

- ½ cup split mung dahl
- 1/8 cup red lentils
- 6 ¾ cups water
- ½ teaspoon salt
- Ground coriander
- Minced ginger
- ½ heaping teaspoon turmeric
- 1 potato, peeled and cubed
- Any other veggies you like.

### For Tempering Oil

- ½ teaspoon mustard seeds
- ½ teaspoon cumin seeds
- 2 tablespoons olive oil or ghee

### Directions

1. Rinse the mung dahl
2. Bring 6 cups of water to a boil then add ginger, salt and rinsed dahl.
3. Return to a boil, add coriander and reduce to a simmer. Dahl will cook for a total of 60 minutes. Set a timer.
4. In the meantime, heat a small fry pan, throw in one teaspoon of olive oil or ghee, 1 teaspoon of smart spice and brown the potato. Don't cook them too much, they will continue to cook with the dahl.
5. When the dahl has been cooking for 50 minutes, add browned potatoes and any other veggies you like.
6. In a small saucepan or stainless steel measuring cup, heat your tempering oil: Add 2 tablespoons to hot pan then add cumin and mustard seeds. Right when seeds begin to pop, immediately pour the tempering oil into the dahl.
7. Add ½ heaping teaspoon of turmeric to dahl.
8. At 60 minutes, turn heat up to high just until it boils for 30 seconds or so. Stir with a whisk until smooth.

\*Enjoy dahl with rice. This dahl is appropriate and healthy for any dosha. Dahl is a staple of Indian food and when combined with rice, makes a perfect protein. It is also a great source of fiber, making it easy to digest.

## CUCUMBER RAITA

### Ingredients

- 1 cup diced cucumbers
- 2 tablespoons lemon juice
- 1 teaspoon ground cumin
- ½ teaspoon dried dill
- 1/8 teaspoon salt
- ¼ cup chopped cilantro
- 1 cup plain yogurt

### Directions

1. Peel, seed and dice cucumbers and place them in a small bowl, Add lemon juice, cumin, dill salt and cilantro and toss gently.
2. Add the yogurt and combine with a fork.

\*Serve as a condiment with curry or as a dressing for salads or wraps. The cooling quality of this raita can be a great side for a pungent or spicy dish. It is also great for pacifying Pitta.

## MANGO CHUTNEY WITH ORANGE PEEL

### Ingredients

- 2 fresh mangoes
- ¼ teaspoon ground cardamom
- ¼ teaspoon dry ginger
- ¼ teaspoon ground cloves
- 1 teaspoon coriander powder
- 2 teaspoons organic orange peel, grated

### Directions

Puree half the mangoes in a blender or food processor with the rest of the ingredients. Add the other half mango cut in to small chunks. Add a splash of water if it is too thick.

\*This is a great mango “jam” on toast, crackers or chappatis, or as a condiment for a full meal. This is also a good chutney for digestion, stimulating *agni* (digestive fire). It satisfies sweet and pungent tastes.



## CILANTRO-MINT CHUTNEY - (Recipe from the Kripalu Cookbook)

### Ingredients

- 1 bunch cilantro – well rinsed
- ½ bunch mint – rinsed
- 2 tablespoons fresh ginger – grated or minced
- ¼ cup olive oil
- 1 teaspoon whole coriander pods
- 1 – 3 teaspoons minced jalapeño (optional)
- 2 tablespoons minced red onion
- 3 tablespoons lemon juice
- 2 tablespoons honey
- pinch of salt
- pinch of garam masala

### Directions

Wash the herbs well. Heat the coriander in the olive oil for one minute in a small saucepan. Combine all ingredients in a food processor and blend to a paste.

\*To balance Pitta, omit jalapeño and enjoy the cooling effects of this delicious chutney. Enjoy as a condiment with chippatis, naan bread, chips, or as a side to any main dish. It can also be used as a dressing over fresh greens, roasted cauliflower or steamed vegetables. This chutney contains all six tastes!

## QUINOA – AVOCADO SALAD (Serves 4)

### Ingredients

- 1 cup quinoa
- 1  $\frac{3}{4}$  cup water
- $\frac{1}{2}$  cup red bell pepper, diced
- 2 scallions
- $\frac{1}{4}$  cup roasted pumpkin seeds
- $\frac{1}{4}$  cup olive oil
- 3 tablespoons lime juice
- 1 teaspoon sea salt
- 1 fresh ripe avocado
- Optional add-ins: cooked black beans, roasted asparagus

### Directions

1. Rinse quinoa and drain. Place in a saucepan and cover with measured water. Cover and bring to a boil; reduce heat to medium-low. Let simmer for 10 minutes. Turn off the heat and keep covered for another 10 minutes until all the water is absorbed. Remove and fluff with fork onto a tray to cool.
2. When quinoa is cool, add peppers, scallions and roasted pumpkin seeds.
3. Combine olive oil, water, lemon juice and salt, Toss with quinoa.
4. Garnish with fresh sliced avocado and any other add-ins.

\* Quinoa is a complete food, meaning that it contains almost all necessary vitamins and minerals. It is easy to digest and wholesome. The fresh, light quality of this salad and red bell peppers are great for pacifying kapha.

## RICE AND NUT SALAD (Serves 2)

### Ingredients

- 2 cups cooked rice
- ½ cup grated carrots
- ¼ cup chopped scallions
- ½ cup raw walnuts
- ½ cup raw almonds
- ½ cup raw cashews
- ¼ cup raw or toasted pumpkin seeds or sunflower seeds
- ¼ cup organic raisins or other dried fruit
- ¼ cup chopped parsley
- 1 ½ - 2 tablespoons tamari
- 1 ½ teaspoons toasted sesame oils

### Directions

Raw nuts can be soaked overnight to start the sprouting process for a healthy raw option. Or you can toast the nuts in ghee or olive oil for a nuttier flavor.

Toss all ingredients together in a bowl. Separately combine tamari and oil and toss into salad.

## WARM BEET AND PORTOBELLO SALAD

### Ingredients

- 3 medium beets
- 3 Portobello mushroom caps
- 2 tablespoons olive oil
- salt and pepper to taste
- 3 ½ ounces goat cheese
- 10 ounces arugula or baby spinach
- ¼ cup picked parsley leaves
- ¼ cup toasted walnuts
- 2 shallots, sliced into thin rounds
- ¾ cup olive oil
- ¼ cup balsamic vinegar
- ½ teaspoon Dijon mustard

### Directions

1. Pre- heat oven to 400 degrees.
2. Scrub beets and place in a large sheet of foil, sprinkle with 1 tablespoon olive oil and fold sides up to make a sealed pouch.
3. Wipe off the mushroom caps, place on another large sheet of foil, sprinkle with 1 tablespoon of olive oil, season with salt and pepper and fold the sides up to make a sealed pouch. Place both pouches in the oven. Bake mushrooms for 30-45 minutes until they are tender when pierced with a knife
4. Meanwhile, whisk together the balsamic vinegar, mustard and olive oil and set aside. Beets may take up to an hour to cook. When the beets and mushrooms are fully cooked, remove from the oven.
5. Slice the mushrooms into strips. With a knife remove the tops of the beets and slide the skins off with your hands or with a paper towel. Slice the beets and toss with warm mushrooms and goat cheese.
6. In a medium salad bowl, toss together the arugula, walnuts, shallots, parsley and dressing. Place onto plates and top with beet and mushroom mixture. Serve warm.

## BAKED SQUASH WITH CINNAMON & MAPLE SYRUP (Serves 4 - 6)

### Ingredients

- One average-sized butternut squash
- 1 ½ cup water
- 2 tablespoons ghee (1 tablespoon per half)
- 1 teaspoon cinnamon (½ t. per half)
- ½ teaspoon salt (¼ t. per half)
- 2 tablespoons maple syrup or your favorite sweetener: honey, agave nectar, or brown sugar, (1 T. per half)

### Directions

1. Cut butternut squash lengthwise and remove the seeds with a spoon.
2. Place squash face-down in a 9" x 14" baking dish with ¼ inch of water.
3. Bake in a oven at 350 degrees for one hour.
4. Remove from oven and flip it over. Add to each bulb: 1 tablespoon ghee, ½ teaspoon cinnamon, ¼ teaspoon salt (sprinkled), 1 tablespoon maple syrup.
5. Return to oven and bake for 20 minutes and serve in the shell.

## SAUTÉED BRUSSELS SPROUTS

### Ingredients

- Pinch of salt
- 6 cups water
- 1 ½ pounds Brussels sprouts
- 2 tablespoons ghee
- 3 cloves garlic, diced
- 1 tablespoon lemon juice

### Directions

1. Pour six cups of water into a large pot, add a dash of salt and bring to a pot.
2. Wash Brussels sprouts cut the large ones in half lengthwise.
3. Toss into boiling water and boil for 15 minutes.
4. Heat a large sauté pan and add ghee.
5. Remove Brussels sprouts and drain into a colander.
6. Toss them into a very hot sauté pan. Then add a pinch of salt, chopped garlic and finish with lemon juice.

# SPRING ROLLS WITH PEANUT DIPPING SAUCE

## Ingredients

### For Spring Rolls:

- 1 carrot, peeled and cut into long matchsticks
- 1 red bell pepper, cut into long matchsticks
- 1 cucumber cut into long matchsticks
- 3 green onions cut into long matchsticks
- Sprigs of mint, basil or cilantro
- 1 cup fresh bean sprouts
- Sesame seeds
- 6 ounces of Asian rice vermicelli noodles, prepared per directions
- Tofu or mock duck marinated in peanut sauce and fried with olive oil and cut into long chunks
- Round rice sheets

### For Dipping Sauce:

- 1 tablespoon freshly grated ginger
- 1 cup water
- ½ cup hoisin sauce
- 3 tablespoons smooth, all natural peanut butter
- 1 tablespoon agave nectar
- Juice of ½ lemon
- ½ tablespoon olive oil

## Directions

### To make spring rolls:

1. Chop all vegetables and set aside
2. Fry tofu or mock duck and prepare noodles, and set aside to chill
3. One at a time, soak rice sheets in warm water to soften. Use a shallow dish or pie plate.
4. Lay rice sheet on a towel-covered work surface. Working quickly, place some noodles, vegetables, herbs and tofu near side of the rice rounds and sprinkle with sesame seeds.
5. Roll the mixture forward (like an egg roll). Turn ends inward and finish the roll.

### To make dipping sauce:

1. In a small saucepan, combine ginger and a splash of olive oil. Add peanut butter and water and whisk until PB has melted
2. Add other ingredients and simmer for 4-5 minutes until it thickens.

## ROASTED CAULIFLOWER

### Ingredients

- 1 head cauliflower, cut into thick 1" slices
- 3 tablespoons olive oil
- Pinch of sea salt and pepper
- 4 large cloves of garlic, minced
- 1 tablespoon lemon juice
- Parsley for garnish

### Directions

1. Toss cauliflower with olive oil salt, pepper and garlic in a large bowl.
2. Spread it out in a baking pan as flat as possible and bake at 350 degrees for 20-30 minutes or until cauliflower starts to turn golden-brown.
3. Remove from pan and drizzle with lemon juice and sprinkle with parsley.

## POACHED KALE WITH HOT CHILES

### Ingredients

- 1 bunch dinosaur kale, stripped off the spine and roughly chopped
- 2 tablespoons olive oil
- ½ onion, sliced thick but left in long strips
- 3 cloves garlic, minced
- 1 cup vegetable stock
- 1 tablespoon soy sauce or tamari
- Pinch of red chile flakes

### Directions

1. In a large wok or deep fry pan sauté onion and garlic in olive oil for several minutes until transparent, add a pinch of salt
2. Add kale and toss until kale is coated with oil and begins to wilt, Add chile flakes and sauté for 5 minutes, tossing the Kale regularly so it does not burn
3. Add stock, soy sauce and cover pan, lower the heat and simmer for 10-15 minutes until kale is tender but does not lose its color.

\*This kale is great for breakfast when served on a thick slice of fresh bread and topped with a fried egg. Or as a side dish for lunch or dinner. Yum!

## BEST STUFFED BELL PEPPERS (FROM, *INDIAN HOME COOKING*, BY SUVIR SARAN)

### Ingredients

- 1 ½ pounds red potatoes
- 4 small bell peppers (any color)
- 1 teaspoon coriander seeds
- 1 teaspoon cumin seeds
- ¼ teaspoon cayenne pepper (optional)
- ½ fresh hot green chile, minced (optional)
- 2 tablespoons fresh cilantro
- 1 tablespoon chopped fresh mint
- Juice of 1 lemon or lime
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons canola oil
- 1 egg, whisked with a pinch of salt

### Directions

1. Put the potatoes in a saucepan with cold water and cover. Boil until tender, 30-40 minutes. Drain.
2. Meanwhile, cut around the stem of the peppers, removing about a 2-inch round from the top of each. Pull out the discard tops. Scrape out the ribs and seeds with a small knife. Set aside.
3. Toast the coriander and cumin seeds in a dry pan over medium-high heat, stirring constantly, until fragrant. 1-2 minutes. Coarsely grind in a mortar and pestle or spice grinder
4. When the potatoes are cooked, peel and mash them in a large bowl. Add the ground, toasted spice mixture, cayenne, green chile, cilantro, mint, citrus, salt and black pepper and stir to blend. Taste for salt, then spoon the mixture into the peppers.
5. Pre-heat oven to 400 degrees. Heat the oil in a large frying pan over medium heat. When the pan is hot, dip the peppers, cut sides down, into the egg to coat the potato stuffing. Put the peppers egg-side down in the pan and cook until the egg is browned and formed a crust, about 3 minutes. Then turn the peppers right side up and put the pan in the oven. Bake until the peppers are tender, about 30 minutes.

\*For a simpler version or to save time, use pre-ground cumin and coriander and skip the egg wash/browning step.



## GARDEN CHARD WITH PINE NUTS & SCALLIONS (Serves 2 – 3)

### Ingredients

- 3-4 diced scallions
- 1/8 cup pine nuts (or other nuts: pumpkin seeds or sunflower seeds)
- 5 – 6 large leaves of Swiss chard, including stems
- 1 tablespoon ghee
- 1 tablespoon masala (see page 5)
- 1 teaspoon sesame oil
- Pinch of salt to taste

### Directions

1. Wash and de-spine Swiss chard.
2. Dice stems into ½” rounds, roll and chop leaves.
3. Fill the bottom of a steamer with 1 cup of water, bring water to a boil then throw in just the leaves.
4. Steam for 10 minutes. Then add leaves.
5. While the chard is steaming, heat a large sauté pan, and melt ghee in it. Add sesame oil and masala first and stir. Then add scallions, chard, and sauté for seven minutes on medium then turn the flame to low.
6. Add pine nuts and pinch of salt to taste.
7. Mix it all together and simmer for a few more minutes to incorporate all the flavors.

\* This dish is slightly bitter and astringent, making it a great side vegetable for sweet and pungent rice dish. Swiss chard has many disease-preventing properties, anti-oxidants and essential minerals. It is a great alternative to spinach.

## LEBANESE TOMATO RICE SOUP (FROM THE KRIPALU COOKBOOK)

### Ingredients

- 3 tablespoons olive oil
- 1 medium onion, diced
- 5 cloves garlic, minced
- 2 large tomatoes, diced
- 1 32-oz. can of tomato puree
- 3 cups vegetable stock
- ¼ cup uncooked basmati rice, rinsed and drained
- ½ teaspoon salt
- ¾ cup chopped mint
- 3 tablespoons fresh lemon juice

### Directions

Heat the oil in a soup pot over medium-low heat. Add the onions and garlic and gently sauté until translucent. Add the tomatoes and sauté for a few minutes. Add the tomato puree, stock, rice and salt. Bring to a boil, then turn down to a low heat and simmer for 20 minutes until the rice is cooked. Add mint and lemon juice and simmer for 5 minutes. Taste for flavor and adjust with salt or lemon juice if needed.

## TOFU BARLEY SOUP WITH INDIAN SPICES (FROM THE RAJ COOKBOOK)

### Ingredients

- ½ onion, diced
- 6 cloves garlic
- 2 large carrots, chopped
- 2 large potatoes, chopped
- 8 – 10 mushrooms, sliced
- ½ cup peas or other green
- ½ cup corn
- 1 ½ tablespoons olive oil or ghee
- ½ brick extra firm tofu, cubed
- ½ cup uncooked barley
- Juice of 1 lemon
  
- 2 tablespoons ground cumin
- 1 teaspoon coriander
- ½ teaspoon red chili or cayenne
- ½ teaspoon ground ginger
- 1 teaspoon paprika
- ½ teaspoon turmeric
- ¼ cup nutritional yeast
- salt and pepper to taste

### Directions

1. Brown the onions and garlic in a large pot with olive oil or ghee
2. Add dry barley to toast, stir and salt
3. Add carrots, potatoes and brown slightly
4. Add all spices except nutritional yeast and splash with water if sticking, cook 2-3 minutes
5. Add 4 -6 cups water and bring to a boil
6. Add remaining ingredients (corn, peas, tofu, lime) and sprinkle in nutritional yeast, salt
7. Simmer for 35 to 40 minutes until barley is tender

## SPICED BLACK RICE WITH FRESH GREEN PEAS (Serves 4 – 6)

### Ingredients

- 2 tablespoons olive oil
- 1 cup white basmati rice
- 1 teaspoon ground nutmeg
- 1 teaspoon salt
- ½ teaspoon paprika
- ½ teaspoon white pepper
- 1 teaspoon fennel seeds
- 1 teaspoon cumin seeds
- 1 teaspoon cinnamon
- ½ teaspoon ground cardamom
- ¼ teaspoon ground cloves
- ¼ cup raisins
- ¼ cup sucanat or 2 tablespoons agave
- 2 cups water
- ¼ cup fresh snow peas

### Directions

1. In a medium sized pot heat oil until hot. Add all ingredients except peas.
2. Sauté until oil is evenly mixed into rice and spices.
3. Add water and bring to a boil.
4. Turn heat on low and cover, Cook about 20 minutes.
5. In a separate pot, steam peas for 4 – 5 minutes.
6. Add peas to rice and toss to incorporate all ingredients.

\* This rice is great for pacifying vata because it contains many warming spices. It is a great mid-winter dish to warm you up but not make you feel heavy. It satisfies both sweet and pungent tastes. For a unique and nutty flavor, use forbidden rice (black rice) soaked for 6 hours before cooking.

## SQUASH – A – RONI (FROM THE KRIPALU COOKBOOK)

### Ingredients

- ¾ pounds macaroni pasta
- 4 cups butternut squash, peeled and cubed
- pinch of salt
- 1 small onion
- 1/3 cup tahini
- 3 tablespoons white miso paste
- 1 teaspoon rice vinegar
- stock, as needed
- 1 cup roasted nuts (or pumpkin seeds)

### Directions

1. Boil squash and pinch of salt until soft
2. Cook pasta to al dente
3. Sauté onion in olive oil
4. Combine onion, squash, and other ingredients in a blender and blend until smooth. Add stock as needed to create a thick, saucy consistency
5. Toss with pasta and pour into a baking pan
6. Bake at 350 degrees for 15 minutes and garnish with toasted pumpkin seeds

## VEGETABLE RICE PILAF WITH RAISINS AND CASHEWS (Serves 4 -6)

### Ingredients

- 1 cup Basmati Rice
- 1 ¾ cups vegetable stock
- 1 – 2 large carrots, cut into ¼” cubes
- ½ large onion, diced
- 2 tablespoon ginger, minced
- 1 bunch of asparagus, washed and sliced into 1” pieces
- 1/8 cup parsley, minced
- 1/8 cup fresh basil, minced
- 1 cup mushrooms, sliced or quartered
- ½ bell pepper, diced into ¼” squares
- ¼ cup raisins
- 1 summer squash, cut into ¼” cubes
- ¼ cup extra virgin olive oil
- ½ teaspoon salt or to taste
- 1/8 cup homemade masala (see recipe on next page)

### Directions

1. Soak basmati rice in warm water for 15 minutes.
2. While rice is soaking, cut up all your herbs and veggies. Organize them according to cook time. Separate asparagus stems from their tops.
3. Mince herbs, ginger and other ingredients.
4. In a large sauté pan set on medium high, drizzle olive oil and throw in onions and ginger. Brown until onions are slightly transparent (about three minutes).
5. Throw in longer-cooking veggies (mushrooms, carrot, peppers) sauté for 3 – 5 minutes.
6. Add the quicker cooking veggies (asparagus stems, squash) plus raisins, masala, parsley, salt and sauté for 3 minutes more.
7. Drain the rice well and add it to the pan.
8. Mix to incorporate all ingredients. When the rice begins to absorb the liquid from the veggies, it will stop sizzling. At this point add the stock and cashews and bring to a boil.
9. Once at a boil, reduce the heat to low, cover, and simmer for 10 minutes.
10. Toss asparagus tops on top for the last three minutes.
11. When complete, toss the pilaf lightly and serve!

\*You can make this pilaf with any veggies you have on hand. Add tofu, seafood or experiment with other spices. This is my dad’s recipe and it is a staple in the H-B house. Especially when we have fresh veggies out of the garden in the summer time.

## DAD'S WAFFLES (BEST CORN-OAT WAFFLES)

These waffles are a weekend tradition in the Hills-Bonczyk house. Add your favorite toppings and maple syrup. They are high in protein and gluten-free.

Combine all ingredients in a blender and make waffles in waffle maker:

- ½ cup pitted dates soaked in 1 cup of boiling water for 15 minutes
- 3 ½ cups old fashioned rolled oats
- ½ cup cornmeal
- 2 ½ cups soy milk or almond milk
- ¼ cup olive oil
- 1 teaspoon vanilla
- 1 ½ teaspoon salt

## WARM ORGANIC APPLE SAUCE (Serves 4 – 5)

### Ingredients

- 10 tart organic apples
- 1 teaspoon cinnamon
- 1 tablespoon lemon juice
- Agave nectar or raw organic honey to taste

### Directions

1. Peel apples, chop and remove seeds.
  2. Place apples in a pot and cover with water. Boil apples until soft (about 40 minutes).
  3. Mash with a fork or potato masher to make sauce.
  4. Add cinnamon, lemon juice and agave nectar or honey to taste.
  5. Enjoy applesauce warm or keep in a jar in the fridge
- This is the basic recipe. Try adding cranberries (dried or fresh), kiwi, ginger, blue berries, mango, or any of your favorite fruit or berry.

## POACHED PEARS WITH RASPBERRIES (Serves 4)

### Ingredients

- 2 fresh, ripe pears, cut in half with the core scooped out
- 2 cups organic mango-orange juice (Santa Cruz or other brand)
- Fresh raspberries
- Fresh mint leaves (for garnish)
- Coconut sorbet (optional)

### Directions

1. Peel pears and cut in half length-wise. Core them by gently scooping out the core with a spoon.
2. Place the pears core-side down in a saucepan and pour mango juice over pears
3. Bring to boil and simmer, covered, for 15 minutes.
4. Remove cover, continue to simmer and allow juice to reduce to syrup, occasionally spooning the syrup over the pears.
5. To serve, place the pears on serving plates. Top with the syrup reduction.
6. Garnish with fresh raspberries and a sprig of mint and a scoop of coconut sorbet