

ONE CUP OF GINGER TEA

Grate 1 heaping teaspoon of an unpeeled 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.

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 oil with smart spice by sautéing it briefly and straining out solids with a tea strainer.

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)
- ¼ cup cashews

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.

MUNG DAHL (Serves 3 – 4)

INGREDIENTS

- ½ cup split mung dahl
- 1/8 cup red lentils
- 3 ¾ cups water
- ½ teaspoon salt
- 1 teaspoon ground coriander
- 1 tbsp. 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 the 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 mean time, 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 throw in 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. In 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, peeled and seeded
- 2 tablespoons lemon juice
- 1 teaspoon ground cumin
- ½ teaspoon dried dill
- 1/8 teaspoon salt
- ¼ cup chopped fresh cilantro
- 1 cup plain yogurt

DIRECTIONS

1. Place cucumbers 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.

CILANTRO MINT CHUTNEY

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 or steamed vegetables. This chutney contains all six tastes!

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
- 3 large medjool dates
- 1/3 cup raisins, soaked in hot water with dates

DIRECTIONS

Puree mangoes in a blender or food processor with the rest of the ingredients. Add a splash of water if it is too thick. Vata can add a dash of lemon or lime juice.

*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.

SAUTEED BRUSSEL SPROUTS

INGREDIENTS

- 1/8 teaspoon salt
- 6 cups water
- 1 ½ pounds brussel 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 brussel spouts, 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 brussel sprouts and drain into a colander.
6. Toss them into the sauté pan with a pinch of salt, chopped garlic and lemon juice.

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
- 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. Steam for 10 minutes.
4. 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 stems, and sauté for seven minutes on medium high then turn the flame to low.
5. When greens are steamed, add them to sauté pan, add pine nuts and pinch of salt to taste.
6. 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.

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.

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.

QUINOA – AVOCADO SALAD (Serves 4)

INGREDIENTS

- 1 cup quinoa
- 1 ¾ cup water
- ½ cup red bell pepper, diced
- 2 scallions
- ¼ cup roasted pumpkin seeds
- ¼ 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 1 ¾ cup 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.
2. Fluff with a fork onto a serving platter to cool.
3. When quinoa is cool, add chopped avocado, scallions, bell pepper, and pumpkin seeds and any add-ins.
4. Combine olive oil, lime juice, and salt. Pour over the quinoa-mixture.

* 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 although vata may not care for them.

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.
3. Boil apples until soft (about 40 minutes).
4. Mash with a fork or potato masher to make sauce.
5. Add cinnamon, lemon juice and agave nectar or honey to taste.
6. Enjoy applesauce warm or keep in a jar in the fridge for cold sauce.

* This is the basic recipe. Try adding cranberries (dried or fresh), kiwi, ginger, blue berries, mango, or any of your favorite fruit or berry.

VANILLA LASSI (Serves 2 – 3)

INGREDIENTS

- 1/8 teaspoon saffron (about 12 – 14 strands)
- 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 or to taste
- pinch of salt
- pinch of nutmeg

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, in general, is great for pacifying pitta because of its cooling affects. But it is best when diluted with water or juice for ease of digestion. Try adding half a fresh, juicy mango or other fruit to this recipe.

