



# Make Ayurvedic veggie pilaf with many healing spices.



This super-easy, delicious recipe comes together quickly, so it makes a great weeknight meal. Use

any variety of veggies that you enjoy — this recipe is just one combination that I love.

## Ayurvedic Veggie Pilaf

Serves 2-3

- ¾ cup white basmati rice, rinsed
- ½ cup chopped onion
- 15-20 green beans, chopped
- ½ head cauliflower, chopped
- 1 large carrot, chopped
- 1 yellow squash, chopped
- 1 teaspoon turmeric
- Himalayan pink rock salt
- 2 teaspoons ghee
- ½ teaspoon cumin seeds
- ½ teaspoon fennel seeds
- ½ teaspoon ajwain seeds
- ½ teaspoon fenugreek seeds
- ½ teaspoon pomegranate seed powder
- 1 ½-inch piece fresh ginger, grated
- 1 clove garlic, finely chopped
- Cilantro for garnish (optional)

1. Place the rice in a large pot and add enough water to cover by 1 to 2 inches. Rinse until the water is clear.
2. Add the onion, green beans, cauliflower, carrot, yellow squash, turmeric, and rock salt to taste to the pot over high heat. Bring water to near boiling, then reduce the heat to low and cook until the water is completely absorbed and the vegetables are soft enough to cut with a spoon, 20 to 25 minutes.
3. Heat the ghee in a small skillet over medium heat. Add the cumin seeds, fennel seeds, ajwain seeds, fenugreek seeds, pomegranate seed powder, ginger, and garlic. Cook until fragrant, 10 to 15 seconds. Stir the spiced ghee into the pot of cooked rice and veggies and add cilantro to garnish, if using.

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# Warm your heart with butternut squash.



Butternut squash is by far my favorite vegetable. Its Sanskrit name, *kushmanda*, is synonymous with health, wealth, abundance, and heart, describing

this vegetable's heartwarming and nourishing qualities for your body, mind, and spirit. Serve with tortillas or rice and dal.

## Heartwarming Butternut Squash

Serves 2

- 1 teaspoon ghee
- ¼ teaspoon cumin seeds
- ¼ teaspoon fennel seeds
- ¼ teaspoon fenugreek seeds (optional)
- ¼ teaspoon ajwain seeds (optional)
- 8-10 curry leaves
- 1 ½-inch piece ginger, peeled and grated
- 1 onion, finely chopped
- ½ medium sized butternut squash, peeled and diced into cubes (2 cups diced)
- ¼ teaspoon turmeric powder
- Himalayan pink rock salt
- Fresh cilantro, chopped (optional)
- Pomegranate seeds (optional)

1. Heat the ghee in a large skillet over medium heat. Add the cumin, fennel, and fenugreek and ajwain seeds, if using. Swirl and cook until fragrant, 10 to 15 seconds.
2. Add the curry leaves and ginger, and cook for 5 seconds.
3. Add the onion and cook for 3 to 4 minutes.
4. Add the squash, turmeric, and rock salt to taste. Cook, stirring every 3 to 4 minutes to prevent sticking, until the butternut squash is soft enough to cut with a spoon, 15 to 20 minutes.
5. Garnish with cilantro and pomegranate seeds, if using.

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# Spice up your cooking with Ayurvedic fajitas.

Enjoy Mexican food with a healthy Ayurvedic twist! All of the ingredients and spices used to make Ayurvedic fajitas are excellent for your digestion. The unctuousness of avocados, paired with roasted cumin powder, cilantro, and other flavorful spices, makes the guacamole easy on your

stomach. Using split mung dal, cooked with ghee and spices, also helps ensure that you can enjoy Mexican flavors gas-free. This recipe introduces Ayurvedic cooking in a way that feels familiar, yet is new and exciting.

## Ayurvedic Fajitas

Serves 4-5

- 1 cup green split mung dal
- ½ teaspoon turmeric powder
- Himalayan pink rock salt
- 1 avocado
- 1 tomato, finely chopped
- ¼ cup finely chopped onion (optional)
- ¼ teaspoon freshly roasted cumin powder
- Fresh cilantro, chopped (optional)
- ½ teaspoon pomegranate seed powder, plus ¼ teaspoon (optional)
- 1 lemon, juiced (optional)
- 2½ tablespoons ghee
- ½ teaspoon cumin seeds
- ½ teaspoon ajwain seeds
- ½ teaspoon fennel seeds
- ½ teaspoon mango powder
- 8-10 curry leaves
- ½ teaspoon fenugreek seeds
- ¾ cup roughly chopped onion
- 3-4 colored bell peppers (orange, red, green, yellow), roughly chopped
- 2 carrots, roughly chopped
- 1 yellow squash, roughly chopped
- 1 zucchini, roughly chopped
- Wheat tortillas

1. Rinse the mung dal until the water is clear, then place in a medium bowl. Add enough water to cover the dal by 1 inch and soak for 2 to 3 hours, then drain and rinse.
2. Place the mung dal, turmeric, salt to taste, and enough water to cover the dal by 1 inch in a soup pot. Cook until the mung dal looks like it is soft, 20 to 25 minutes. While the mung dal is cooking, prepare the vegetables.
3. To make the guacamole, cut and scoop the avocado out of its skin into a medium bowl. Add the tomato, finely chopped onion, if using, cumin powder, and fresh cilantro to taste. Add ¼ teaspoon pomegranate powder, if using. Add rock salt and freshly squeezed lemon juice to taste. Set aside.
4. Warm 1 tablespoon of the ghee in a small skillet. Add ¼ teaspoon of the cumin seeds, ¼ teaspoon of the ajwain seeds, ¼ teaspoon of the fennel seeds, and rock salt to taste. Cook until you can smell the seeds, about 10 to 15 seconds at most. Pour into the dal.
5. Warm the remaining ghee in a large skillet big enough to fit vegetables. Add the mango powder and the remaining turmeric, cumin, ajwain, and fennel seeds, as well as the curry leaves, fenugreek seeds, and ½ teaspoon pomegranate seed powder. Swirl and cook until fragrant, 10 to 15 seconds.
6. Add the roughly chopped onions to the spiced ghee mixture and sauté until they're pinkish, about 5 minutes.
7. Add the bell peppers, carrots, squash, and zucchini to the onions and cook, covered, until the veggies are soft enough that you can cut them with a spoon, 8 to 10 minutes.
8. Bring the vegetables to the table sizzling in the pan, and serve alongside the tortillas, mung dal, and homemade guacamole.