

## Recipes for You:

These are some good recipes that can be easily modified to include foods that have been recommended for you to eat (refer to your [Recommended Foods List](#)). Even though the recipes might call for certain ingredients (such as ghee and sweeteners), always follow the overall instructions that have been given specifically for you.

## Kichari

Balances all three doshas. Helps detoxification and is very easy to digest.

1/3 cup	Yellow or green mung dal
2/3 cup	White Basmati rice or Quinoa
1 tsp.	Ghee or oil
¼ tsp. each	Mustard seeds, cumin seeds, ground cumin, ground coriander, turmeric
1 pinch	Hing (Asafoetida)
1 inch	Fresh ginger root, chopped
3 cups	Water

Mineral salt to taste, or use Bragg's Liquid Aminos after cooking  
Chopped cilantro

Wash dal and rice together two or three times. Heat ghee and mustard seeds in a large saucepan on medium heat until seeds begin to pop. Add remaining spices and cook briefly. Then add the water before the spices burn. Add the rice, dal and salt. Bring to a boil and cook for 10 minutes. Cover and simmer until both dal and rice are soft, about a half hour, adding additional water if necessary. In a pressure cooker, bring up to pressure and cook for 10 minutes, remove from heat and let sit for another 10 minutes. You can vary the spices according to your liking. Garnish, if desired, with grated coconut, cilantro, or a squeeze of lime.

## Steamed Vegetables

2-4 cups	Fresh vegetables of choice, bite size pieces
½ tsp.	Ghee
½ tsp. each	Mustard seeds, cumin seeds, turmeric
1 tsp.	Ground coriander
½ tsp.	Fresh ginger, chopped or grated Bragg's Liquid Amino's

Heat ghee in a skillet over medium heat. Add mustard seeds and let them cook until they start to pop, then add rest of spices and saute briefly. Add vegetables and stir to coat with spices. Add ½ - 1 cup water, cover, and simmer until vegetables are done. Add Bragg's before serving and garnish if desired with grated coconut, cilantro, or a squeeze of lime.

## Yellow Mung Dal Soup

Reduces both Vata and Kapha doshas. With these spices it reduces the Pitta dosha. It is very easy to digest.

1 cup	Yellow mung dal
6 cups	Water
1 tsp.	Ghee
½ tsp. each	Black mustard seeds, ground cumin, ground coriander, turmeric
1 tsp.	Cumin seeds
1 pinch	Hing (Asafoetida)
½ tsp.	Mineral salt
¼ cup	Fresh cilantro leaves, chopped

Wash the dal until the water runs clear. Cook dal in water for 30-45 minutes until soft (10 to 15 minutes in pressure cooker). In a small saucepan cook mustard seeds in ghee over medium heat until seeds begin to pop. Remove from heat and add rest of spices and stir. When dal is cooked add spice mixture and salt or Bragg's Liquid Amino's to taste. Garnish with cilantro.

## Vegetable Mung Dal Soup

Balances all doshas. Good for cleansing, partial fasting, or light dinner.

1 cup	Chopped zucchini or asparagus
1 cup	Chopped broccoli or cabbage
¼ cup	Chopped carrot or red beet
½ cup	Yellow mung dal
1 tsp.	Ghee
1 tsp.	Fennel seed
1-2 tsp.	Ground coriander
2	Bay leaves, crushed
1 pinch	Hing

Wash the dal until the water runs clear. Cook dal and vegetables together in 2 cups water in pressure cooker for 10 minutes. Without pressure cooker, cook with enough water to cover vegetables until dal and veggies are soft. Cool sufficiently to transfer to blender. Blend, adding water as necessary, to make soupy. While soup is cooking, sauté spices in ghee until lightly browned. Combine soup, spice mix, and mineral salt or Bragg's Liquid Amino's to taste. Garnish with fresh chopped basil.