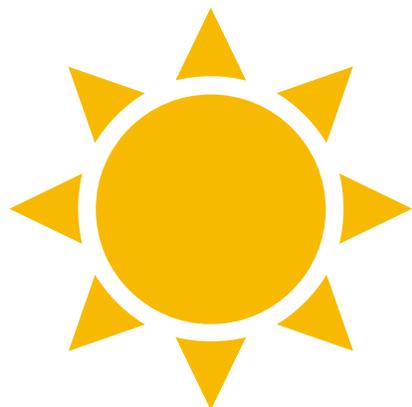


# Seasonal Transition Recipes



## Essential Seed and Nut Porridge with Sautéed Apples

This recipe is great way to start your day without grains. It's as simple as instant oatmeal but much tastier, more nursing and truly satisfying. If you prep the porridge mix ahead of time (up to the grinding step), you" have a quick breakfast that's high in essential fatty acids - and that will keep hunger at bay until lunch time.

MAKES 2 SERVINGS

### INGREDIENTS

1/4-1/2 cup boiling water (add to your desired consistency)

1/2 Tbsp ghee

1 large or 2 small sweet apples, peeled, cored and thinly sliced

1/2 Tbsp freshly squeezed lemon juice

1/2 Tbsp liquid honey

#### *Porridge Mix*

2 Tbsp shelled raw pumpkin seeds

1 Tbsp chia seeds

1 Tbsp flax seeds

1/4 cup pistachios

1/4 cup Brazil nuts

1/2 tsp salt

### DIRECTIONS

1. In a large dry skillet, toast pumpkin, flax and chia seeds over medium-low heat, stirring often, for 5 minutes or until fragrant. Transfer to a heatproof bowl.
2. Return skillet to heat and add pistachios and Brazil nuts. Toast over medium-low heat, stirring often, for 10 minutes or until fragrant. Transfer to another heatproof bowl. Let cool completely.
3. In a blender combine seed mixture and grind until texture of brown sugar.
4. Add nut mixture and salt and grind to texture of brown sugar.
5. In a medium bowl, stir porridge mix with boiling water. Cover and let stand for 5 minutes.
6. In a large skillet, heat ghee over medium-high heat. Add apples and sauté for 2-3 minutes until almost tender. Stir in lemon juice.
7. Spoon porridge into serving bowl. Top with apples and honey.

### NOTES

You can make the sautéed apples up to 3 days ahead and refrigerate them. Warm them gently in a sauce pan before serving.

Apples are cooling, sweet and sour; cooking them boosts their digestibility. They also make this dish an appetite stimulant, raise the blood sugar and moisten lung tissue. Apples promote hydration in the body by encouraging fluid production in the tissues.

Goldsmith Ellen. *Nutritional Healing with Chinese Medicine*

## Bean and Vegetable Pistou

A healthy to transition into spring or fall. Feel free to modify with seasonal veggies. Recipe was originally for 4 servings, so you can double the ingredients and enjoy for lunch and dinner for 2 days or share!

The vibrant mixture of warming pungent herbs, sweet vegetables and beans makes this simple, nourishing soup good for people who tend to gain weight and or those how have trouble loosening weight. It strengthens spleen qi.

MAKES 2 SERVINGS

### INGREDIENTS

1/2 cup dried white beans  
1 piece dried kombu  
1 sprig fresh thyme  
1/2 large carrot  
1/2 turnip, peeled  
1/2 leek  
1-2 cups broccoli, chopped  
1/2 onion  
1 stalk celery  
1 tso salt  
1/2 cup halved trimmed green beans  
1 bunch fresh basil  
1 clove garlic  
1/2 Tbsp extra virgin olive oil

### DIRECTIONS

1. Place white beans in a large bowl and cover with water. Let stand overnight. (or in a large sauce pan, combine 2 cups water and white beans and bring to a boil. Cook for 2 minutes. Remove from heat, cover and let stand for 1 hour.) Drain well.
2. In a large sauce pan, combine white beans, 2 cups water, kombu and thyme. Bring to a boil. Reduce heat and simmer for 30 minutes. Remove kombu.
3. Meanwhile, halve carrot, turnip, leek lengthwise. Slice into half-moons. Coarsely chop onion. Cut celery diagonally into 1/2 inch thick pieces.
4. Add carrot, turnip, leek, onion, celery and salt to sauce pan. Add enough water to cover vegetables by 2 inches. Cook over medium heat for 20 minutes or until vegetables are tender. Stir in broccoli and green beans and cook for 10 minutes, adding a little more water if necessary to keep vegetables covered.
5. Remove basil leaves from stems. In a blender, combine basil, garlic and oil. Add 1 or 2 ladlefuls of the soup. Blend until smooth. Stir back into remaining soup until well combined. Remove thyme.
6. Ladle into bowls.

### NOTES

Kombu is dried kep, a type of seaweed. Look for it in Asian markets or health food stores.

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## Miso Soup

By varying the seasonal vegetables you add, you can enjoy this miso soup through out the year. In late summer, try carrots, daikon, chestnuts or winter squash. In the spring, try pungent tender greens and peas. Feel free to use leftover steamed or boiled vegetables to make the recipe more convenient. The fermented flavorful miso calms the stomach and stimulates digestion.

MAKES 4 SERVINGS

### INGREDIENTS

4 cups Vegetarian Dashi (see next page)  
6 Tbsp white miso  
2 Tbsp tamari or so sauce  
2 cups mixed **cooked** seasonal vegetables.

### DIRECTIONS

1. In a medium sauce pan, heat dash until steaming. Whisk in miso and tamari and immediately remove from heat.
2. Stir in vegetables and serve immediately.

### NOTES

There are many types of miso, which may be made from a base of soybeans, rice, barley or other ingredients. Miso is inoculated with a fungal and bacterial culture called koji and fermented over a period of time, from a few months to years. It is a probiotic food, which adds beneficial bacteria to the gut, and has been a staple in Japanese cuisine for centuries. Be sure to add miso at the last minute and remove the pan from the heat right away; heating it to more than 100 degrees F destroys the beneficial bacteria.

## Vegetarian Dashi

Dashi is a delicate broth used as a base for miso and other soups to give them a rich umami taste.

MAKES 4 CUPS

### INGREDIENTS

6 dried shiitake mushrooms  
2 green onions, sliced  
1 piece dried kombu  
1 tsp salt

### DIRECTIONS

1. Pour 5 cups water into a medium bowl. Add shiitake mushrooms and let stand for 2-8 hours. If you are not ready to make the dash, cover and refrigerate the mushrooms in their liquid for up to 2 days.
2. Using a slotted spoon, transfer mushrooms to a cutting board. Pour 4 cups of the soaking liquid into a medium sauce pan. Discard remaining liquid and sediment.
3. Remove mushroom stems and discard. Coarsely chop mushrooms and add to saucepan along with green onions and kombu. Bring to a boil. Remove from heat, cover and let stand for 10 minutes.
4. Strain through a fine-mesh sieve into a medium bowl, discarding vegetables and kombu. Stir in salt.

*Goldsmith Ellen. Nutritional Healing with Chinese Medicine*

## Tangy Carrot, Beet and Potato Salad

This earthy salad is a modern take on traditional European flavors. Lightly fermenting the vegetables makes them tastier and easier to digest.

MAKES 4 SERVINGS

### Two 2-cup canning jars or airtight containers with lids

#### INGREDIENTS

1 cup unpasteurized sauerkraut (store-bought or homemade) with juices

1 cup coarsely grated peeled carrots

1 cup coarsely grated peeled beets

1 tsp salt

1 lb yellow-fleshed or red potatoes (unpeeled)

2 Tbsp avocado oil

1 tsp caraway seeds

#### DIRECTIONS

1. Divide sauerkraut and its juice equally between jars. Add carrots to 1 of the jars. Cover, shake and refrigerate for 1 to 2 days.
2. Place potatoes in a medium saucepan and cover with water. Bring to a boil. Reduce heat to low, cover and simmer for 20 minutes or just until tender. Drain potatoes. Return to pan and let cool.
3. Peel and cut potatoes into 1/2 inch cubes. Transfer to a serving bowl and set aside.
4. In a small skillet, combine oil and caraway seeds. Cover over medium heat, stirring occasionally, for 2-3 minutes or until fragrant. Pour seeds and oil over potatoes and gently toss to coat.
5. Spoon potatoes onto serving plates. Top with carrot and beet mixtures and any juices in jars.

#### NOTE

The carrots and beets are put into separate jars to keep their colors vibrant.

Transitional times of the year when the season air beginning to change, are periods when you should nourish the central resources of the body; namely, the stomach and spleen network, where all of your food is transformed into usable energy for your body. Carrots and beets and potatoes are qi-tonic foods that offer nourishing energy.

Adding sauerkraut lightly ferments the vegetables in this dish and increases their benefits to the gut.

Caraway is a warming digestive and carminative cooking spice that enhances the natural sweetness of this dish.

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## Cauliflower with Basil Sauce

The green hue of this sauce is vibrant; and since you eat with your eyes first, this colorful dish can spark the appetite. The steamed cauliflower florets have a substantial texture that's very satisfying. Be sure to serve and eat the dish right away to enjoy the beautiful green of the basil, which fades as the dish cools.

MAKES 4-6 SERVINGS

### INGREDIENTS

4 green onions, thinly sliced  
1/2 cup minced fresh basil  
2 Tbsp black or white sesame seeds (or a mixture)  
2 Tbsp avocado oil  
1 tsp salt  
1 large head cauliflower

### DIRECTIONS

1. In a small bowl, whisk together green onions, basil, sesame seeds, oil and salt. Set aside.
2. Cut cauliflower into about 1-inch florets. Pour enough water into a large skillet to come about 1/4 inch up the side. Bring to a boil. Add cauliflower. Reduce heat, cover and simmer for 2 minutes or until cauliflower is barely tender.
3. Uncover pan and cook, shaking pan often and watching closely to prevent burning, for 3-5 minutes or until no liquid remains.
4. Spoon cauliflower into a server bowl. Pour sauce over top and toss gently to coat. Serve immediately.

### NOTE

To test the texture of the cauliflower, spear it with a fork. When cauliflower is barely tender, the fork will go in but still meet resistance.

Cauliflower is sweet, slightly bitter, and neutral to cooling in nature. IT cools the stomach, meaning if you have a voracious appetite, this is a perfect dish for you. The sauce, made with pungent and warming basil and green onions, balances the dish, which enhances digestion.

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## Brussels Sprouts with Pine Nuts

MAKES 4 SERVINGS

### INGREDIENTS

- 1 pound Brussels sprouts
- 4 shiitake mushrooms, soaked and sliced
- 1/2 cup pine nuts or sunflower seeds
- 1 tsp thyme (dried or fresh)
- 1/2 tsp ginger powder
- 1/2 tsp sea salt
- 1 cup water

### DIRECTIONS

1. Steam or cook Brussels sprouts
2. Cook mushrooms, nuts, and seasonings in water until mushrooms are tender.
3. Arrange Brussels sprouts on a dish and pour mushroom mixture on top.

## Green Spring Soup

MAKES 6 SERVINGS

### INGREDIENTS

- 6 cups water or broth
- 4 medium potatoes, chopped
- 1/4 medium onion or leek, chopped (optional)
- 2-3 cups kale (or spring greens), chopped
- 2 cloves garlic
- 1 tsp salt
- 1 tsp olive oil (optional)

### DIRECTIONS

1. Bring liquid to a boil
2. Add potatoes, onion, and salt. Cover.
3. Reduce heat. Simmer until tender.
4. Add kale and garlic. Simmer until kale is tender and bright green.
5. Puree all ingredients together.
6. Add olive oil before serving

*Pitchford Paul. Healing with Whole Foods*

## Nepal Vegetable Curry

MAKES 4-6 SERVINGS

### INGREDIENTS

- 1 onion (optional)
- 1 Tbsp oil (optional)
- 1 bay leaf, broken
- 1 green chili, chopped
- 1 clove garlic, minced
- 1 inch ginger, grated
- 1/4 tsp turmeric
- 1 lb potatoes or carrots, cubed
- 1/2 cauliflower, broken into flowerets
- 1 tsp each coriander and cumin seeds
- 1 cup hot water or almond milk

### DIRECTIONS

1. Sauté onion until golden brown
2. Add bay leaf, chili, garlic, ginger, turmeric and salt. Stir in potatoes and sauté until browned.
3. Add remaining ingredients and hot water.
4. Cook gently on medium until vegetables are tender.

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## Green Dino Detox Tea

**Time:** A leisurely 15 minutes

MAKES 3 (1 Cup) SERVINGS

### INGREDIENTS

1 quart + 1 cup water  
1 bunch Lacinato (dinosaur kale)  
1 thin slice onion  
1 slice (2 inches thick) fresh lemon  
1-inch slice fresh ginger  
1/2 teaspoon ground tulsi basil (or fresh)

### DIRECTIONS

1. Bring water to a boil
2. Tear the kale leaves off their stems and put into water. Discard the stems or save for a soup stock.
3. Add the rest of the ingredients and simmer until the greens are tender.
4. Strain, using the steaming water as your drink.
5. Use the greens in whatever dish you like.
6. You could serve them with extra virgin olive oil and a splash of lemon or vinegar.

*Effects:* neutral Vata, strongly calms Pitta and Kapha

*This detox tea supports:* plasma, red blood cells, muscle, bone, liver. Alkalizing.

*Extra easy variation:* Instead of the fresh lemon, dinger, and tulsi, use 1 bag of Organic India brand Tulsi lemon ginger tea. Follow directions above.

*Morningstar Amadea. Easy Healing Drinks from the Wisdom of Ayurveda*

## The Tropicana

**Time:** Overnight soak, plus 5 minutes

MAKES 2 CUPS

### INGREDIENTS

2 Tbsp chia seeds for the soak

2 Tbsp raw almonds for the soak

1 cup water for the soak plus 1 tsp mineral salt

1 1/2 cups organic coconut water (use water for Kapha)

1 ripe mango (1/2 cup)

1/2 tsp ground cardamom

### DIRECTIONS

1. For a breakfast shake, soak the seeds, nuts, water and salt together overnight.
2. Once the soak is complete, drain the seeds; discard the soak water.
3. Blend the soaked seeds, nuts, and a little coconut water to a paste. A hand held immersion blender works fine.
4. Add the remaining ingredients and blend well.

*Effects:* tridoshic, calms all dosa in moderation. Kapha would be wise to use water and a little fresh ginger root instead of coconut water if this is being used daily.

*This shake supports:* digestive system, energy, mucus membranes, plasma, blood cells, muscle, reproductive system. It is a mild aphrodisiac.

Ripe mango is sweet and heating with a sweet long term effect. Its warmth is moderated here by the sweet, cooling coconut water. Coconut water is especially calming to Vata and Pitta, being cool (helping Pitta), sweet and heavy (grounding to both dohas). This drink is gently building, thanks to its overall sweet effect. If you want a more cooling effect for Pitta, separately soak and peel the almonds. With their pee, they are still energizing, yet warmer in inner action.

*Rich Vata Variation:* Substitute an equal amount of anti-oxidant rich Brazil nuts for the almonds and 1 ripe banana for the mango. Mix in 1/2 tsp chopped fresh ginger root and 1/4 tsp ground cinnamon.

*Morningstar Amadea. Easy Healing Drinks from the Wisdom of Ayurveda*

## Liver Detox Tea

**Time:** 1 1/2 hours, plus an overnight soak

MAKES 2 Quarts

### INGREDIENTS

2 tsp organic raw dandelion root

2 tsp organic burdock root

6 cups water

Another 6 cups water

### DIRECTIONS

1. Bring the first 6 cups water to a boil in a saucepan.
2. Stir in the herbs; boil for 1/2 hour uncovered. Remove from heat, strain the tea into quart glass jar, leaving the herbs in the saucepan.
3. Add another 6 cups of water to the pot, bring to a boil again for 45 minutes.
4. Cover and let sit overnight.
5. In the morning, strain this second devotion into another quart glass jar.
6. Store the tea in the fridge until needed.
7. Drink one or more cups per day.

*Effects:* excellent for Pitta and Kapha, it can be taken up to 3x per day with meals. It can aggravate Vata if used on a regular basis.

*This detoxifying tea supports:* digestion, elimination, liver, gall bladder, plasma, blood, skin, urinary tract.

It clears ama, stagnation and swollen lymph glands. It is a diuretic. It is an excellent support if your looking to switch from a high animal fat, high processed food diet to something lighter and cleaner.

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## Liver Cleanse Veggie Juice

**Time:** 10 minutes

MAKES 2, 1 Cup Servings

### INGREDIENTS

- 3 large organic carrots
- 1 cup fresh organic dandelion leaves
- 1 inch fresh turmeric root
- 1/8 inch thin slice fresh ginger
- 1 Tbsp lime juice

### DIRECTIONS

1. With a juicer, juice all ingredients, alternating easy-to-juice veggies like carrots with the more-challenging-to-juice greens.
2. Enjoy on an empty stomach or before a meal.

*Effects:* calms Kapha, neutral Pitta, aggravates Vata

*This juice supports* cleansing of the liver and fat tissue, mucous membranes, plasma, immunity.

## Reviving Veggie Juice

**Time:** 10 minutes

MAKES 2, 1 1/2 Cup Servings

### INGREDIENTS

- 3-4 medium carrots
- 1 small beet (1 cup)
- 1/2 cup well-packed fresh mint leaves

### DIRECTIONS

1. Juice together all ingredients, alternating the carrots and beets with the mint leaves.
2. Enjoy on an empty stomach or before a meal.

*Effects:* calms all doshas in moderation.

*This juice supports* plasma, red blood cells, muscle, energy. IT is alkalizing.

Beet builds blood and is warming. Mint dispels excess Vata, promotes healthy prana and calms the heat of the beet.

Large carrots are often sweeter than small ones.

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