

Rocket + Red vein sorrel Salad with Feta + Balsamic

Ingredients

2 cups Rocket

1 cup Red vein sorrel

1 cup baby spinach / lettuce.

*if available add: Radish, spring onion
grated carrot and/or Kale

1/2 cup Feta

1/4 cup pumpkin seeds, Toasted
stir in dry frypan over
medium heat until golden

Dressing

2 TBsp olive oil

1 TBsp Balsamic vinegar

1 tsp sesame oil

1 tsp honey

1 tsp sesame seeds

* mix all together
and spoon over
the finished
salad.

Method

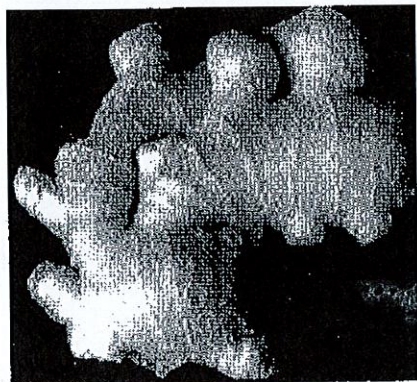
Wash all the leaves and pick out any brown
leaves or stems. Toss together gently and
crumble feta cheese over the top. Drizzle
with dressing and serve.

Toast the seeds
and scatter over
the salad.

About.com ^{Food} Whole Foods Cooking

Kitchari Recipe: Ayurvedic Mung Bean or Lentil and Rice Stew

By Jen Hoy



This recipe for kitchari is a soupy Ayurvedic mung bean and rice dish traditionally used as a restorative food after illness or childbirth protocol called Panchakarma. This simple dish is composed of Chinese think very highly of mung beans as a food for detoxifying the stomach, liver and large intestine. This recipe is an adapted Ayurvedic recipe, this one utilizes whole grain rice which has of ghee (clarified butter). You can either grind your own spices dish.

Prep Time: 10 minutes

Cook Time: 40 minutes

Total Time: 50 minutes

Ingredients:

- 1 1/2 cups split yellow mung beans or red lentils
- 1 cup brown basmati rice
- 1 tablespoon grated fresh ginger root
- 3 tablespoons dry unsweetened coconut flakes
- 3 tablespoons olive oil
- 2 teaspoons cumin seeds
- 1 teaspoon coriander seeds
- 1 teaspoon fennel seeds - *fresh fennel*
- 8 cardamom pods
- 1 teaspoon ground turmeric
- 2 bay leaves
- 2 cinnamon sticks
- Pinch of sea salt
- ~~1 cup fresh cilantro, chopped (optional)~~

→ soaking in fridge.

put chopped onions
garlic & ginger into
~~hot~~ pan first then
spices. then strain
rice & lentils cover
with stock & water
cook 1 hr. with
lid on.

Preparation:

Rinse the beans and rice and soak in filtered water for a few hours or overnight. Drain well.

Blend the ginger root and coconut together with 1 cup of water and set aside.

Heat the olive oil over medium flame in a heavy-bottomed pot. Grind up the cumin, coriander, and fennel turmeric*. Stir briefly, and then add the ginger-coconut mixture, bay leaves and cinnamon.