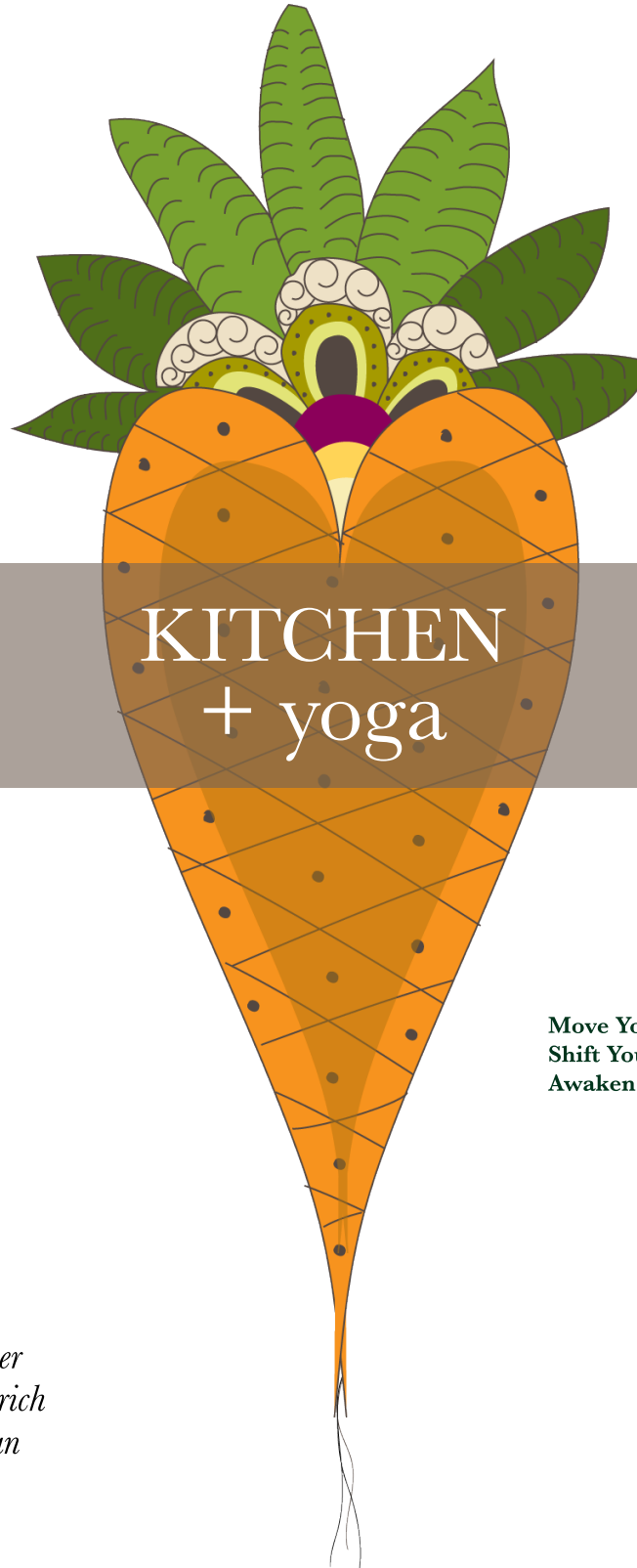


COOK LIKE A YOGI

e-guide to cooklikeayogi.com



KITCHEN
+ yoga

Move Your Body
Shift Your Perspective
Awaken Your Spirit

WHILE
YOU
COOK

*Savitha Enner
Stephanie Aldrich
Marty Cowan*



Dear Yogis,

Welcome to discovering how to cook with healthy whole foods and learning to practice asana (poses), pranayama (breath work) and dhyana (meditation) in the kitchen. We believe that when we bring these yoga practices to our cooking, food can become more than nutrition – it can expand this everyday experience and help us form deeper connections with ourselves and others. Making cooking our yoga can inspire us to cook and eat delicious healthy meals, transform the choices we make about what food we eat and how we source our ingredients, and help us find gratitude in this everyday activity.

You can cook like a yogi even if you've never stepped foot on a yoga mat. Cooking can be yoga; eating can be yoga; serving your family and friends all share basic yoga principles. Throughout this guide, we present several ways in which you can transform what you may see as chore into yoga. If this is all sounding too serious or difficult to you, how about making it fun by standing on one leg while stirring a pot, taking a deep breath before putting an extra pinch of cayenne into a dish or turning off your phone and giving your full attention to chopping your vegetables?

As you select the recipe you're going to make, decide which, if any of the following activities you'd like to build in. Maybe you've been sitting a lot today and want to move your body – then focus on the asana! Maybe you are in need of a calmer mental state – then focus on the pranayama and/or the meditation/mindfulness offerings. We encourage you to use our recipes as a guide - your nutritional, emotional and physical needs are 100% personal. Customize the recipes to suit your needs. Take notes so you remember your own alterations. Explore, and have fun.

When we are healthy, we are able to serve others, find gratitude and spread the joy!

*We hope you enjoy Cook Like a Yogi. Stay in touch with us, take a photo of yourself in the kitchen doing a yoga pose, or share with us how you made the recipe even better! Don't forget the hashtag **#cooklikeayogi** (we may feature you on our site!) And please don't worry about being fancy or having the perfect background or outfit on. The more authentic you are, the better!*

- From the earth, to your plate, to your life -

*NAMASTE
Savitha, Stephanie and Marty*



YOGA in the KITCHEN



What do yoga and cooking have to do with each other? Yoga and cooking are both practices of layering – we layer flavors while cooking, and we layer postures combined with breath while practicing yoga. In both activities, we can work to achieve balance in the mind, body and spirit. We can achieve that balance in cooking by nourishing our bodies with whole, fresh food, by the way we approach planning and preparation of our meals, by how we set the table for a meal, and by feeding our families. ALL of this is yoga. What you may in the past have viewed as a mundane chore can take on a new perspective: you can reflect on having the gift of time to clean and chop vegetables, the financial means to buy what is needed, and the privilege to make a meal for your family or someone in need. It's that shift in perspective that helps us approach cooking like a yogi.

The practice of honoring the preparation of the food can be mindful. For example, in most Indian villages, food preparation involves cleaning the cooktop stoves (they mostly use wood burning stoves), lightening incense or offering flowers, and offering a small prayer of thanks for the source of their food, the farmers who grew the food and the food itself, which will help nourish them and their families. You can incorporate mindfulness into your cooking by turning off your phone (and other electronic devices) and focusing your attention on your cooking. When you're washing your lettuce greens, chopping your carrots, or sautéing your onions, keep your mind on what you are doing! We are all used to multi-tasking – maybe we even see it as a virtue. But try uni-tasking instead – you may find that cooking mindfully can help settle your mind, and give you some space to pause and feed your spirit as you prepare to feed your body.

How is cooking our yoga?

Savi: *The reason I roll out my yoga mat and practice is that yoga brings me clarity: clarity in my practice, my actions and my thoughts. Most days, cooking brings me that same clarity. My favorite time to cook is in the early morning, as the sun is barely coming up. There is something about the dark quietness, up from a restful sleep that helps me to set my intention for the day. As I begin the process of cleaning my veggies and fruits, prepping and cooking, I feel a sense of accomplishment as a mother and wife that my family will be fed nutritious meals that day. Cooking a nice meal for your family requires patience, love and practice, just like yoga. I always liked to cook, but I always judged my cooking by how my food was admired by others. But since I started practicing yoga, I have been able to let go of how my food is judged by others and just enjoy the process of cooking and sharing a meal. When there is so much love in creating, how can it be chore?*

Stephanie: *I began my journey with healthy food when my mom was diagnosed with dementia. At my brother's recommendation, my kids and I watched the documentary "Forks over Knives," which uses scientific research to illustrate how changing one's diet from animal-based to plant-based can help decrease the chances of developing diseases like cancer, diabetes, and dementia. I have always enjoyed cooking, but had very few recipes that featured whole-food, plant based ingredients. It took a few years, but I've learned how to make delicious, nutritious and truly healthy meals. Avoiding animal-based foods is also one way in which I embody the yoga practices of Ahimsa (non-harming) and Saucha (purity or cleanliness). Being of service to my loved ones by preparing food that will keep them healthy is also a key part of my yoga practice.*

Marty: *In 2007, I had enough of the decades of the same cyclical pattern: over-indulging/negative body images/starving/weight loss, and all the damaging emotions that went with this process. I began a whole food, plant-based diet. I started running races, hiking, participating in sprint triathlons and attending yoga classes. Then, during my 200-hour yoga teacher training program in 2015, I read Gabriel Cousen's Conscious Eating, which introduced me to a new way of thinking about food. Cousen talks about how food is connected to our body, emotions, mind and spirit. My true epiphany with this teaching occurred when I was making soup one day in my kitchen. In between adding spices, I used the countertop for a few amazing stretches and then took a moment to be thankful for my life. It began a habitual, beautiful, life-changing practice of making cooking my yoga.*



YOUR PATH BEGINS IN THE PANTRY

Is Cook Like a Yogi for Vegans? Vegetarians? Omnivores?

We cook with either plant-based and vegetarian ingredients. Does it mean you can't add what you like? Of course not! We believe every individual should cultivate their own rules and standards when it comes to nourishment. We don't know what's best for you. Your individual body has specific needs. We believe you were given all the tools to figure that out for yourself. It's about your journey with food, and we want you to get excited to cook! Your adventure is about to begin.

STOCK THE PANTRY

Stock your pantry with the good stuff. Strive for organic whenever possible. Ask yourself questions such as: What is the best nutritional option for my body? What sounds like a good fit for the recipe? What is the best for our planet? These are just examples - think of questions that are important to you.

Grains

Rice (brown/white/black/wild), quinoa (traditional/red/blend), buckwheat, bulgar, farro, cous cous, stone ground yellow corn grits (polenta), wheatberries, steel cut oats

Legumes

Dried lentils: red, yellow, green, brown, black

Canned/dry beans

Black, pinto, butter, great northern, kidney, black eyed, garbanzo, mung

Peanuts

Vinegars

Balsamic, red/white wine, rice, apple cider

Flours

Whole grain wheat, whole wheat pastry, specialty flours (garbanzo bean, spelt, almond, coconut, and many more)

Jarred products

Salsa, applesauce

Whole grain corn for popping

Unsweetened coconut

Vegetable (or other variety) bouillon/stock

Canned products

Coconut milk, diced tomatoes, whole tomatoes, tomato sauce, tomato paste

Nut/Seed butters:

Almond, peanut butter, sunflower seed butter

Nuts/seeds:

Raw (cashews, almonds, pecans, walnuts, brazil, sunflower seeds, pumpkin seeds)

Condiments

Soy sauce, tamari, coconut liquid aminos, barbeque sauce, mayo (Just Mayo is a favorite vegan variety), mustard (dijon, yellow, spicy brown), ketchup, pickled vegetables/kimchi, sliced pickles, jalapenos, tahini, hummus, pesto

Nutritional yeast

This can be blended with whole nuts such as walnuts or almonds to create a vegan substitute for parmesan cheese

Veggies and fruit

Onions (red/yellow/white), garlic, shallot, ginger, potato, sweet potato, beet, parsnip, turnip, leek, broccoli, salad greens, kale, squash, red/yellow/green bell pepper, jalapeno (or other hot pepper variety), mushroom, cauliflower, brussels sprouts, avocado, apple, mango, peach, strawberry, blueberry, blackberry, cherry, cantaloupe, kiwi, banana, pineapple, pear, orange, lemon, lime

Sugars

Whole dates, date sugar, organic cane, coconut, agave, maple syrup

Herbs (fresh/dried)

Cilantro, parsley, rosemary, sage, basil

Milks

Dairy, almond, coconut, cashew

Cooking equipment

Vita-Mix or heavy duty blender
Instant Pot or pressure cooker
Cuisinart food processor and Mini-prep
Kitchen Aid mixer
Mortar and pestal
Hand chopper (Pampered Chef)
Herb scissors
Pots and pans, various sizes





FUEL YOUR PATH

Whole Foods + Quality Sleep + Movement

Whole Foods, Whole Self

Eating “whole foods” (fruits/vegetables/whole grains/nuts/legumes) without any processing - is how to “feed” your foundation for good health and nutrition. Whole foods are healthier than highly processed and packaged foods, which are often stripped of nutrients and loaded with added fats, sugars, sodium and other unhealthy ingredients (such as trans fats, white flour, high fructose corn syrup, artificial sweeteners and preservatives, sodium nitrates, artificial food colors and MSG).

This wholesome, whole foods, common sense approach treats your body with respect and keeps you on your path. The more whole foods your body consumes, the more it will want. And if you fall off the path, it’s ok! Just get right back on. As humans it’s unavoidable. When you begin to get used to cooking this way, you’ll discover “whole food hacks” for quick healthy meal solutions. You may even start to crave the goodness of greens and grains. You’ll start to plan ahead for snacks on the road, lunch at work and vacation meals (bringing your Vita-Mix to the beach won’t seem so crazy!)

Cook Like a Yogi offers some great recipes with whole foods, or foods with as little processing as possible. Try them! Browse the organic section of your market, head to the farmer’s market, or grow your own. Eat what makes your body and soul hum by fueling your path to wellness.

Quality Rest

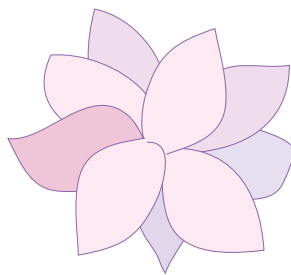
When we have spent our day planning, thinking and working, our bodies and minds crave rest. Rest can come in many forms; sitting on a bench in a park, a mindful stroll around your neighborhood, or closing your eyes for meditation and sleep.

We all know sleep is also important. It is time for our bodies to rest and recover. Sleep boosts the immune and cardiovascular systems and promotes tissue growth). When we sleep better, we function better. Give yourself the time your body deserves each night. Read a book (not a screen!) before bedtime. Journal. Meditate. All these are great for preparing the body for rest.

Movement

If you don’t already have an exercise routine, starting one may seem really tough, especially when combined with cooking healthier and trying to get more sleep. So start really slow and then build. Replace one meal a day – (or a week) with a healthful, nutrient-dense meal. Take the stairs instead of the escalator or elevator. Park far away at the grocery store. Go slow, and be mindful that you are not in a race or on a schedule. Discovering change in your life takes effort, frustration and failure. The reward is your very own customized happy, healthy path to wellness.

Pranayama: Breath



Savi says: *PRANA translates to life force and AYANA translates to extend. Pranayama is a practice of breath. Breath is one of our sources of energy - these practices help us to manipulate our breathing so that we can get energized, relax or find focus. In my own personal practice, I began to notice that my shoulders go up to my ears and that there is tension in the back of my neck whenever I have checked out or I face fear, anxiety or am feeling discouraged. The practice of pranayama has helped me to pay attention to these repeated habits which causes tension in my body and mind. Whenever I catch myself (which is more often now), I take a deep breath, let it expand all through my body and then I exhale. This helps me to focus and also relaxes my body. Sometimes, right before I begin to teach I find myself scattered, distracted by all the thoughts and happenings of the day. On those days, I practice Alternate Nostril breathing, which brings my focus back both to my practice or my teaching. The changes happen slowly, but they do happen because I am here to practice and not to be perfect.*

Dheerga Pranayama (*Three Part Breath*)

This breath work is easy to remember and can be done at any time. The key to this breath is to inhale and exhale for an equal amount of time. For example, count as you breathe:

INHALE 2, 3, 4

EXHALE 2, 3, 4

You can extend the count as you go (i.e., count to 5, and then 6). Focus on your breath going in and going out with ease. Maybe close your eyes if that is available to you. A great time to practice is in the kitchen, while you have a few minutes in between steps of the recipe or in the car (especially while at a traffic light). If you take advantage of that time to do this practice, you may ask yourself: What stress?

Ujjayi Breath (*Oceans Breath, Victorious Breath, Diaphragmatic Breath*)

With Ujjayi breath you breathe in and out of the nose with the lips sealed - no breath passes the lips. The lips gently close, and although the breath is passing through the nostrils the emphasis is in feeling the breath in your throat. When you first practice this, make the breath loud - if you're doing it right, you should sound like Darth Vader! The breath starts in the low belly, traveling up to the rib cage, and then to the collar bone. The exhaled breath reverses from the top of the chest back to the low belly. Both the inhale and exhale are through the nose, while gently constricting the throat opening, making the "ocean" noise.

Nadis Shodanda (*Alternate Nostril Breath*)

This practice should be done in a chair or a comfortable seat on the floor. Allow the left hand to gently rest on the lap and bring the middle and pointer fingertips of the right hand to rest in between the eyebrows. Using the right thumb, hold the right nostril closed while inhaling through the left nostril. After the inhale, close the left nostril with the ring finger, release the thumb on the right nostril, and exhale through the right nostril. Keeping the left side closed, inhale through the right side; close the right side with the thumb and, release the left nostril, and exhale through the left nostril. Try this practice 5-10 times on each side (or for a timed amount, for instance, 2 minutes). Keep the breath smooth and practice the same timing on the inhalation and the exhalation.

Benefits of Pranayama:

- decreases stress
- lowers blood pressure
- relaxes muscles
- calms the mind
- controls energy
- improves focus
- balances the brain's hemispheres

Dyhana: Meditation

How and why daily meditation is important

Stephanie Says: I've heard many people say that they "can't meditate" because their "mind is too busy." I used to think this too. But I've learned that noticing how busy our minds are is actually a sign that meditation is working! After all, what we're after with meditation is building awareness.

More than any other aspect of my yoga practice, meditation has made the biggest change in my life. I didn't notice it at first; in fact, for a long time, I either thought I wasn't doing it right or that I might just be wasting my time. But one day, when a grocery store clerk snapped at me after I asked a question, I didn't automatically react with defensiveness or anger. Instead, I was able to see that the situation didn't have anything to do with me, and that I didn't have to let my day be ruined – or even colored by – an unpleasant interaction. I even was able to feel compassion for the unhappy place that person must have been in that day. That's the day that I realized that my meditation practice was working.

I encourage you to give it a try. Even 5 minutes a day can make a difference. Find a comfortable place to sit (if sitting is comfortable for you; lying down also works, though it can lead to falling asleep!). And set a timer! You can use the timer on your phone, or download one of many available meditation apps (I use the Insight Timer app). Then sit. You can choose a focus – your breath, sensation in your body, the sounds around you; it doesn't really matter. But it's important to be consistent. You'll notice the most improvement if you can sit every day. So find a time that works for you (early morning – before you leave your bedroom – works for many). And every time you notice that your mind is wandering, see it as a victory – and as proof that you're actually meditating. It's not about "quieting the mind" – it's about focusing, noticing when you lose focus, and beginning again – and not judging yourself for not doing it "right."



Trust in the process, and in time you'll see a difference. One day, instead of losing your cool when you spill your coffee on your shirt just as you are headed out the door to work in the morning (already late!), you might find yourself sighing – or even laughing! -- at the mishap. A variation of this happened to me recently. I have a habit of not fully securing the lids of jars. One morning a few weeks ago, I reached for my calcium powder to add a scoop to my smoothie, and I dropped the jar on the counter. The powder is extremely fine, and it spilled everywhere (on me, on the counter, on the floor, on my boots) AND, I was late for an appointment. My partner started to laugh immediately, which got me going, and 10 minutes later, I was out the door (after sweeping and vacuuming up the mess and changing my clothes). I was late, but I wasn't upset. That's meditation at work.

Quick Start

- 1. pick a quiet spot*
- 2. set the timer*
- 3. find a comfortable seated position, eyes closed*
- 4. start with slow, even breath*
- 5. when the mind begins to stray, return back to your center*

Introduction to Asana



***You don't always need a yoga studio to practice Asana.** Yoga, as it is often practiced in the West, is a practice that we may feel needs proper clothing, space, lighting, a peaceful mental state and a distraction-free environment. While all that is lovely, it's an ideal that few of us are likely to reach. And even if we could find that ideal when we practice on the mat, the more we practice yoga OFF the mat, the more we will discover its true meaning. Finding brief, deliberate (and sometime spontaneous) windows of time during your day to practice Asana will show you that the perfect place to practice yoga is wherever you are in that moment. Practicing while you are cooking is an excellent way to embody this idea.*

Marty says: Asana (poses, or the physical practice) is perhaps the most familiar part of yoga to most people. We have become accustomed to believe that our bodies must look thin and muscular and conform to some ideal combination of flexibility and strength. Asana can help us achieve muscle tone and flexibility, but that is a by-product rather than the aim of the practice. Yoga philosophy helps us look at our bodies and the physical practice through another lens. The practice of Santosha (contentment) guides us to embrace ourselves as we are - letting go of physical ideals or expectations. Asana can become a place where your body and mind connect - a place where you can discover contentment in the present moment no matter the circumstances.

Find the joy - move your body - live in gratitude.

KITCHEN ASANA

Step 1: Set the timer. The timer is your guide for how much you can do while you are waiting for the next step of your recipe. When using our recipes, use the horizontal bars as a guide to take time for poses, breath work or meditation.

For example: If you are waiting for onions to soften (about 3-5 minutes), this is a perfect time for a standing forward fold. (see page 12). Set the timer and begin the pose. You may find that you need to come out of the pose and then come back to it, as after a minute or so you may need to return to standing, then get back to the pose as time permits.

Step 2: After the timer goes off, continue on to the next step in your recipe. If you are offered another window of time, you may decide to use it for a strengthening pose, a stretch, or meditation.

Kitchen Asana suggestions during small windows (5 minutes or less) of undesignated time:

Instead of this	Do this
Waiting (on food to cook, work-related email response, a phone call, etc.)	Hold Goddess Pose (use the timer) and straighten the legs when needed
Worrying about a situation that you can't control	Stand in tree pose, allowing your mind to focus on balance for an even amount of time on the right and left side
Fuming over a negative conversation, argument or internet post	Stand in a forward fold, let the breath slow down (2-3 full breaths) then rise to standing. Repeat several times until your mind begins to calm

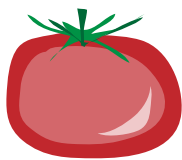


How to do Yoga in the Kitchen:

Sample Recipe & Sequence

Before you begin to cook, consider whether you want to tweak your environment to help you center yourself and be present while you are cooking: you might want to put on music, light an unscented candle; and/or change into more comfortable clothing.

Easy Tomato Soup



Ingredients:

2 TBS. olive oil
1 TBS. butter (vegan or dairy)
1 medium onion, cut into large chunks
4 cloves of minced garlic
pinch of red pepper flakes (or not!)
1 tsp. dried Italian seasoning (or 1/2 tsp. oregano 1/2 tsp. basil)
1 can (28 oz.) whole plum tomatoes
2 C. water
1/4 C. full fat coconut milk (freeze the rest for later!) or use dairy cream
salt and pepper
Fresh basil, julienned

Get out your ingredients and prep! Find gratitude for the food and time you have to create this meal

Kitchen equipment: Medium Saucepan

Heat oil and butter in the pan over medium-low heat. Once heated, add onion and garlic – keep an eye on it and stir with a wooden spoon occasionally until the onion is soft (about 5-6 minutes, set the timer).


5-6 minutes is a good amount of time to center yourself in tadasana (mountain pose). Standing tall, with deep inhalations and exhalations.

Add the red pepper flakes, Italian seasoning, tomatoes, and water, about 10 minutes on medium-low.

Try your own posture sequence using the counter top. For instance: Side bend, forward fold and modified Warrior 3.

Turn off the stove. Use the immersion blender or counter top blender to puree the soup. It's very hot so use caution (you may decide to let it cool for 15-20 minutes before using the countertop blender). Once blended, place back into the pan. Heat on high until a low boil then reduce to low and cover and cook for another 10-15 minutes.

If quiet is available, choose to sit in a chair or on the floor and work on pranayama (breathing) and a short meditation

 The orange bars in the recipe offer a reminder that you have a specified time during the cooking process to move, strengthen or stretch your body in asana; practice pranayama, or choose to sit quietly in meditation. Set the timer so you know when your cooking time is finished and you are ready for the next step.

Take notes! How did you change it to suit you?

Notes

I added 1/4 C. parmesan!



Pose 1: Side Bend/Half Moon

(Ardha Chandrasana)

This pose resembles a crescent shaped moon; and is easily accessible from a standing position. This side-bending posture expands the intercostals (the muscles in the rib cage), engages the core and oblique muscles, improves circulation and provides energy throughout the body through the expansion of the stretch. It is suitable for yogis of all levels and is a great pose to begin warming up the body.

Benefits: Strengthens the thighs and abdominal areas.

Contraindications: Hip or spine injury.



Begin in an upright position, with the feet rooted into the ground.

Draw both arms overhead, pinkies turning inward. Allow one arm to rest on the side of the body and the other arm to reach overhead and to the side, creating a “half moon” shape. Keep the feet grounded and the core engaged.

Feeling the lengthening of the side body, hold here for several breaths, then repeat on the other side.

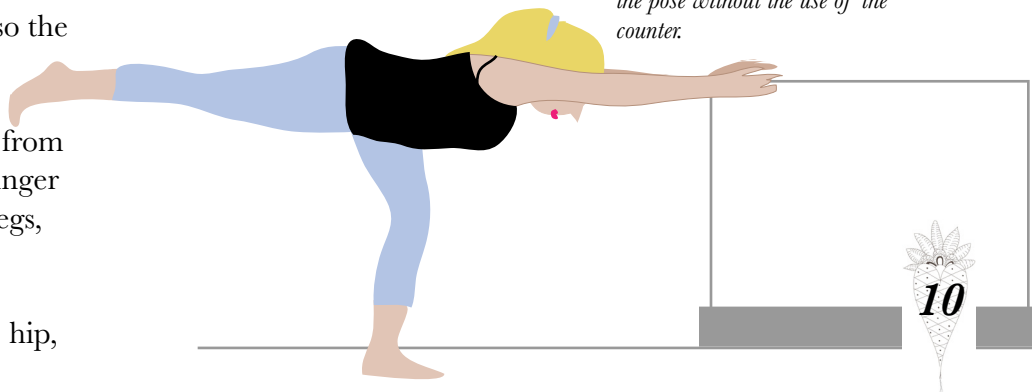
Pose 2: Modified Warrior III with counter top

(Virabhadrasana III)

In this pose, the shape of the body resembles a capital “T.” The arms, torso, hips and raised leg all are (somewhat) parallel to the floor. Both hip points face the ground. The hip of the raised leg will tend to open upward - keep the inner thigh of the raised leg rotated inward, and the toes of the foot pointed towards the floor to help achieve this position. Allow the crown of the head to reach forward and the gaze to face forward and down, so the neck stays long.

Benefits: Sends/creates energy from the toes of the raised leg to the finger tips, strengthens the ankles and legs, and core, and improves balance.

Contraindications: Low back, hip, shoulder pain/injury.



Begin standing, about 2-3 feet away from the counter. Hinge forward and place the palms of the hands down on the counter.

Root down into the right foot, and lift the left leg so that it is parallel to the floor. Turn the left inner thigh inward, so that the hips are neutral.

Gaze is downward, to lengthen the neck. Try this for 20-30 seconds, then switch sides.

In time, you may want to try the pose without the use of the counter.



Pose 3: Standing Forward Fold

(Uttanasana)

This pose is a deep, intense forward bend. Make sure your stomach is empty prior to practicing this posture.

Benefits: Lengthens the hamstrings, and draws bloodflow to the brain, energizing the body.

Caution: If you have a back injury or very tight hamstrings, practice with bent knees. Use the counter top or a wall to help with balance. Practice slowly and take your time.

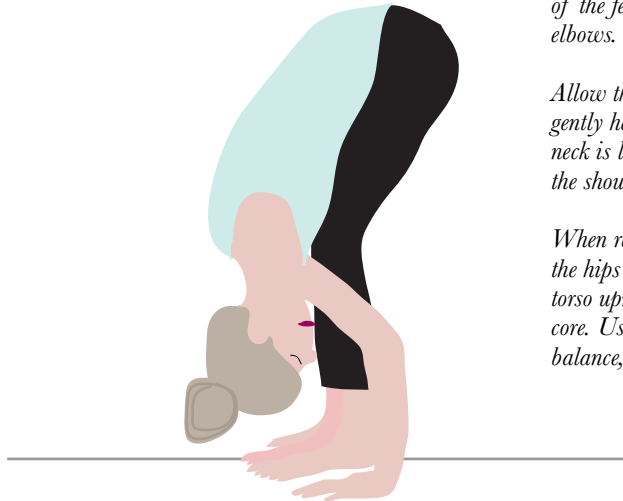
Start in an upright position

With a slight bend in the knees, begin to fold forward, hinging at the hips.

Arms can rest on the shins, the tops of the feet, floor, or grab opposite elbows.

Allow the crown of the head to gently hang towards the floor. The neck is loose, releasing any tension in the shoulders.

When ready, place the hands on the hips and begin to draw the torso upright, slowly, engaging the core. Use the counter top to help with balance, if needed.



Pose 4: Modified Plank Push-Up (with counter top)

(Four Limbed Staff Pose - Chaturanga Dandasana)

This modified posture is a great way to learn the muscular demands and alignment of Chaturanga Dandasana. This version combines plank pose and lowering to the plank push up while strengthening the upper body and getting to feel the muscular requirements of Chaturanga Dandasana without a substantial risk for injury.

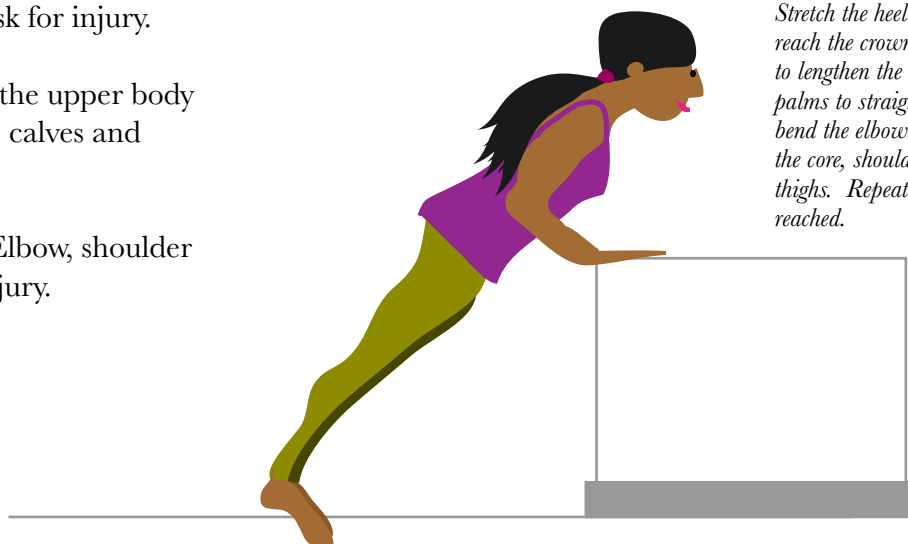
Benefits: Strengthens the upper body and core. Stretches the calves and tones the thighs.

Contraindications: Elbow, shoulder injury or lower body injury.

Place the hands shoulder-width distance on the counter top, the palms cupped on the edge of the counter. Bend at the elbows to a 90 degree angle, elbows hugging into the rib cage.

Step the feet back, one at a time, and remain on the balls of the feet.

Stretch the heels downward and reach the crown of the head forward to lengthen the body. Push into the palms to straighten the arms and bend the elbows again, utilizing the core, shoulders, upper arms and thighs. Repeat until desired limit is reached.



Recipes

savitha

CHICKPEA CURRY WITH BUTTERNUT SQUASH & KALE

2 TBS. grapeseed oil (sunflower, peanut or olive oil)
2 large onions, finely chopped
4 garlic cloves, minced
2" piece of ginger, finely chopped
2 C. of butternut squash cut into cubes
3 C. of chopped kale
1 TBS. garam masala
2 tsp. ground cumin
2 tsp. ground coriander
2 tsp. paprika/Kashmiri chilli powder
1 tsp. turmeric
1 tsp. cayenne pepper or Indian hot chili powder
2 (15 oz.) cans chickpeas, drained and rinsed (check out the footnotes for prepping your own chickpeas)
2 (14.5 oz) cans diced tomatoes or 6 large tomatoes pureed
1 (13.5 oz) can full fat coconut milk (I used BPA-free Natural Value)
Salt to taste
Fresh chopped cilantro

Heat grapeseed oil in a large saucepan over medium-high heat. Add onions, a pinch of salt, and sauté until translucent, about 6 minutes, stirring every now and then.

Add garlic and ginger and sauté for 1 more minute. Add butternut squash and sauté for 1 minute then close the lid for about 4 minutes to soften them. Add the spices and saute for a few seconds. Be mindful to keep the temperature low so that you do not burn the spices. Add diced tomatoes (you can gently mash them if you like a smooth sauce) and bring to a boil. Add chickpeas and simmer for 10 minutes.

Check the taste for salt and adjust. Stir in coconut milk and simmer again. Lastly, add chopped kale and allow it to wilt before you turn the heat off. Sprinkle some cilantro on top right before serving.



*Cooking your own chickpeas - Buy a bag of dried chickpeas, wash them and soak in room temp. water for about 8 hours or overnight (alternatively, you can do a quick soak - bring a pot of water to boil; add chickpeas, turn off heat and cover with lid. Let sit for 2 hours. Rinse the soaked chickpeas (overnight or quick soak) and transfer them back to the pot. Cover them with water and cook them with lid on until the chickpeas become soft. If you press them between your fingers, they should easily mash. Or use a pressure cooker, bring up to pressure and cook for 15 minutes.

{Serves 6 to 8 people. Halve the recipe if you are cooking for 4. Feel free to substitute other vegetables of your choice like cauliflower, potatoes, green beans, squash, etc. }

PAV BHAJI

Pav Bhaji is a dish/street-food from Mumbai which was primarily created to feed the working class their lunch. It was an inexpensive dish, nourishing with vegetables, with good dose of carbs from potatoes, and some bread to scoop up all this goodness. This spicy Bhaji (which translates to cooked vegetables) is tangy with tomatoes, spicy with chili powder, crunchy with red onions and zesty with lime, and fresh cilantro. This is an Indian version of a good bowl of chili or a hearty soup. My dearest memory of this dish was from a street vendor in a little town in India. Street food in India is a community by itself. There is so much action that it wakes up all your senses. You hear noises from the large pots rattling, the hissing of water hitting the griddles, and the endless gossip and street chatter, and smell the aromas of all kinds of spices, and once the food hits your mouth - everything else fades into the background.

1 large russet potato peeled, boiled and mashed
1 large sweet potato peeled, boiled and mashed
1/2 C. of finely chopped carrots
1/2 C. of finely chopped green beans
1/2 C. of finely chopped green bell pepper
1/2 C. of frozen green peas
1 C. of shredded cauliflower (riced cauliflower)
6 oz. can of tomato purée
1" piece of ginger chopped
3 cloves of garlic minced
1 C. onion finely chopped
Cilantro and lime wedges to garnish

Spices:

Store bought pavbhaji masala or make your own:

In a bowl mix:

1tsp. chili powder
1/2 tsp. coriander powder
1tsp. cumin powder
1/2 tsp. black pepper powder
1/2 tsp. cinnamon powder
1/2 tsp. fennel powder
1tsp. dry mango powder (skip it and add lime juice at the end if you can't find this)
1/2 tsp. cardamom powder
1/2 tsp turmeric powder

(continued)

Heat a big pot with 2 TBS of oil or 1 TBS. of oil & 1 TBS. of butter. Add ginger, garlic and chopped onions and sauté for one minute. Then add all the veggies. Put the lid on and let them cook for about 2 to 3 minutes. Then open the lid and give it a good stir, and add a little bit of salt, half the tomato purée, 1 heaping TBS. of the spice mix, mashed potatoes and sweet potatoes, and 1 C. of water and let it begin to simmer. Take a potato masher and begin to mash all the spices and veggies until they become creamy and smooth. Check for salt, spices and tomato purée, according to the taste you like. Add more water to keep the consistency creamy and runny, as the potatoes tend dry out the curry. Pop the lid back on again and let it cook for at least 15 more minutes.

Check one more time for seasoning, add cilantro, mix well and serve.

KITCHEN NOTES

- Potato is the start of the dish but feel free to increase the amount of other vegetables to make the dish more nutritious.

- If you want to skip the potatoes, a good substitute is butternut squash, which will make this dish more diet friendly.

PLATING

Best served with grilled burger bun. Butter the inside of burger bun and grill it on a hot skillet until light brown. Plate the bhaji (curry) in a bowl, garnish with more cilantro, onions and a wedge of lime. Scoop the goodness with the bread and enjoy. Tastes best when hot, stays great in the fridge for 2 days. Freeze the leftovers for later use. Let it thaw, bring it back to a small pot and reheat throughly.



Recipes

stephanie

PASTA e FAGIOLI

Spray oil
3 large garlic cloves
1 large carrot
2 celery stalks
1 large onion
1 (14 oz.) can chopped tomatoes
[I use Muir Glen's organic fire-roasted diced tomatoes]
1 quart vegetable stock
2 (14 oz.) Cans of Cannellini Beans
(or equivalent, prepared from dried)
1 1/4 C. small pasta (Tubettini or Ditalini)
1/3 C. chopped fresh basil
2 large spoonfuls of faux parmesan*
Salt & pepper

In a Cuisinart (or other food processor), mince the garlic. Add the carrot and mince. Roughly chop the celery and onion into large chunks, add to the food processor and carefully pulse until all ingredients are chopped (but not mushy). Spray a small amount of oil into your soup pot; when it heats, add the above mix and sauté for 5-8 minutes (until onion and celery are soft).

Add the stock, beans and tomatoes. Bring to a boil and lower the heat to simmer. Cover and cook for 20 minutes.

After 20 minutes, ladle out 2 large scoops of soup and set it aside. Use an immersion blender to blend the remaining soup. Add back in the set-aside soup, the chopped fresh basil and the faux parmesan. Add salt and pepper (and more faux parmesan if desired) to taste.

In a separate pot, cook the pasta until it is al dente and set it aside.

To Serve: Add a scoop of pasta to your soup bowl. Note – if you add the pasta to the soup pot, it will eventually absorb much of the liquid of the soup and become somewhat mushy. Adding in the pasta separately avoids these issues.

***FAUX PARMESAN** - In a food processor, blend a mixture of walnuts and nutritional yeast – proportions are 2:1 – so 1 cup walnuts per 1/2 cup nutritional yeast. Keep your extra in a jar in the refrigerator – it keeps for long time.



EGGPLANT PATTIES

1-2 large eggplant
3/4- 1 C. bread crumbs
[I use Edward & Sons Italian Herbs Organic Breadcrumbs]
1 TBS. pesto (or large handful of fresh basil, chopped fine)
1 tsp dried oregano
1 large clove garlic, minced
3/4 - 1 cup faux parmesan*

Peel and cube the eggplant. Boil for 10 minutes covered, then let sit for 10 minutes – all the cubes should sink to the bottom of the pot.

Put eggplant in a colander, and press out as much water as you can. (I use the bottom of a large glass to do this.) Next step is optional – I like to put the eggplant in my Cuisinart and pulse it a couple of times to get the texture a little smoother. You can skip this step if you like chunks in your patties. Add to the cooked eggplant equal parts bread crumbs and faux parmesan. The amounts vary with the amount of eggplant. I usually start with between 3/4-1 cup of each. Then, if the mixture is still too soft, I add more breadcrumbs. Add in the minced garlic, fresh basil (or pesto) and oregano. Refrigerate this mixture for 1-2 hours, until cool/cold to the touch.

Press into patties and cook on medium-low heat. If you use a non-stick pan, you won't need to use any oil. Cook until the patties are well browned on each side. Note – if the patties are too soft, they will be difficult to cook – you can always add more breadcrumbs. Refrigerating the mixture also helps to firm it up. Add salt to taste.

Note: When I was a little girl, the meat-based version of this dish was one of my favorite snacks. My Italian grandmother made these with a mixture of ground pork and beef, as well as egg and parmesan cheese. When one of my siblings became a vegetarian, our grandmother started making a version that substituted eggplant for the meat, but still used egg and cheese. I had to experiment to make these fully vegan. I tried using my favorite egg substitute (a chilled mix of flax seeds and water), but that made the mixture too soft. One of my sisters mentioned that she never uses eggs in her meatballs, so I left out the flax seed mix the next time I made this dish and voila! Success!



CREAMY POLENTA WITH ROASTED VEGETABLES

Vegetables for roasting:
1 red onion, thickly sliced
1 large eggplant, cut into small cubes
1 red and 1 yellow bell pepper, quartered
1 bunch asparagus
1 pint of grape tomatoes (if larger tomatoes are used, slice them before roasting; the grape tomatoes can be roasted whole)

Fresh basil for garnish

Creamy polenta:

3 C. water
Scant teaspoon sea salt
3/4 C. polenta
(I use Zingerman's Stone Ground Polenta – it tastes amazing but is a bit pricey: www.zingermans.com/Product.aspx?ProductID=P-POL)
1/4 C. faux parmesan* (or to taste)
1 TBS. olive oil

Vegetables:

Place cut vegetables in a large bowl. Add a minimal amount of olive oil and mix well. Season with salt and pepper. Take the largest baking sheet you have and line it with parchment paper or a silicon liner. Place the vegetables on the baking sheet, taking care not to crowd them too closely together. [If you crowd the baking sheet, the vegetables won't crisp when roasted.]

Roast in a 400 degree oven. Check after 10-15 minutes – if you see the veggies browning, take the sheet out and flip them onto their other side and roast for another 5-10 minutes until done.

Polenta:

Bring 3 cups of water and sea salt to a boil. Slowly pour in the polenta, reduce heat to medium-low, and stir with a whisk. If the mixture starts to pop, reduce the heat even more. Keep stirring the polenta until it begins to thicken up, about 20 minutes total. When the polenta is the consistency of porridge, add the faux parmesan and salt to taste.

Serve the roasted veggies over the creamy polenta. Garnish with fresh black pepper and basil.



BUDDHA BURGERS

2 tsp. olive oil (divided)
1/2 C. chopped fresh onion
2 garlic cloves, minced
1 can black beans, rinsed
1/4 C. uncooked quinoa
1/4 C. frozen riced broccoli
1/4 C. raw sunflower seeds
1/2 tsp. salt
Artisan bakery buns, toasted
Sliced fresh avocado
Mixed greens, lightly dressed
Mayo
Hot sauce

Suggested mixed greens dressing:

1 TBS. lemon juice, 1 TBS. olive oil, pinch salt, 1/2 tsp. maple syrup, 1/2 tsp. dijon, 1 garlic clove, minced

Add the 1/4 C. uncooked quinoa with 1/2 C. water in a small saucepan. Bring to a boil and turn the heat down to low. Cook the quinoa for 12-15 minutes until light and fluffy (keep an eye on it). In a large skillet, heat olive oil on medium heat. Add onion and cook until soft, about 4-5 minutes.

Add the frozen broccoli, sunflower seeds and garlic and cook for an additional 3-4 minutes. While cooking, place beans in a medium bowl and smash with a fork until there is a soft consistency, but some black beans are still visible. Add the onion mixture to the bowl with beans. Add the cooked quinoa to the beans/onion mixture when it's ready (it doesn't need to cool). Add salt. Wipe out the skillet and heat 1 tsp. olive oil. Make patties of the mixture and place in skillet. Cook each side until golden brown, 4-5 minutes. This is a good time to toast the buns!

Place the Buddha Burger on a toasted bun, spread a small amount of mayo on the top bun, dressed mixed greens, sliced avocado, and a few drops of hot sauce.

{Makes 4 patties}



BAKED CHICKPEA TIKA MASALA

1 can chickpeas, rinsed
1 TBS. olive oil
1 TBS. tika masala spice (available at savoryspiceshop.com or make your own, see below)
1 tsp. garlic powder
1 tsp. onion powder
1 tsp. salt
Pinch cayenne
Pinch black pepper

Ranch spice option:

2 tsp. garlic powder, 2 tsp. onion powder, 1 tsp. dill weed, 1 tsp. salt, pinch paprika, pinch black pepper

Or think of your own spice blend and post it!

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Preheat oven to 350°. In a medium bowl, add the olive oil and spices and mix well. Add the chickpeas and stir until covered. On a baking sheet, spread the chick peas in a single layer.

Bake for 35-40 minutes. Cool for few minutes then enjoy!

The baked chickpeas can be stored in an airtight container for 2-3 days. Use as croutons on a salad, as a soup topping or a delicious snack!

Tika Masala Spice Blend:

*6 tsp. coriander
6 tsp. cumin
6 tsp. garlic powder
6 tsp. paprika
4 tsp. garam masala
3 tsp. ground ginger
3 tsp. dried mint
2 tsp. chili powder*



ROOT VEGETABLE WRAPS

1 TBS. coconut oil
1 medium onion, chopped
1/2 tsp. curry
1/2 tsp. coriander
1 tsp. garlic powder
1/2 tsp. cayenne
1/2-1 tsp. salt
3 large potatoes, diced small
1 sweet potato, diced small
1 can chickpeas, mashed (leave some whole)
3-4 cloves of garlic, minced
2 tsp. salt
1/4 - 1/2 tsp. cayenne (optional)
Sliced avocado
Lightly dressed mixed greens (see suggestion in Buddha Burger recipe)
Fresh chopped cilantro
Tortillas, corn or flour (good quality)
Hot sauce (optional)

In large skillet, melt the coconut oil. Once melted, add the onion and cook until soft, about 4-5 minutes.

Add the curry, coriander, garlic powder, cayenne and salt and stir. Add the potatoes, sweet potatoes and garlic. Cook until soft, about 10 minutes.

Add the mashed chickpeas and stir until mixture is well heated.

Place a generous scoop of the mixture into a tortilla, add the greens, avocado, hot sauce and cilantro. Fold into the tortilla and place in a grill pan or panini press until the grill marks are visible.

{Makes approx. 4-6 wraps}

