

SUMMER SUPER BOWL



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- 1 | Place all dressing ingredients in a high-speed blender. Blend until creamy and set aside. If making ahead, best used within 3 days.
- 2 | Portion half the grains into each of two bowls and set aside.
- 3 | Heat a sauté pan over medium heat and add 1 Tbsp. oil and a pinch of seeds. Cook until fragrant. Immediately add greens and sauté until just wilted and vibrant in color. Remove from heat and top each bowl of grain with half the mixture.
- 4 | In the same pan add remaining 1 Tbsp. oil and seeds and sauté over medium heat until fragrant. Immediately add vegetables and sauté 7-10 minutes or until cooked but still al dente. Add a splash of water and cover as needed to cook through. Portion half over each bowl of grains.
- 4 | Top with your choice of protein, a drizzle of dressing, some SEASONing Sprinkle and a dollop of pesto.

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HEALTH TIP

Beans

Loaded with Vitamin B and fiber they're a great vegetarian option for protein, and an easy way to add one of the six tastes (astringent). Loved by ayurveda for their ability to increase gut bacteria while lowering cholesterol and blood sugar levels.



Serves 2

- 1 cup cooked grains (quinoa, rice) or cauliflower rice
- 2 Tbsp. avocado or coconut oil
- 1/8 tsp. of your choice of seeds (cumin, coriander and/or fennel)
- 2-3 cup of chopped raw greens (kale, arugula, chard)
- 1 cup vegetable(s) of your choice (squash, green beans fennel, sweet potato, carrots, celery)
- 1/4 tsp. salt and pepper or to taste
- 1 Tbsp. SEASONing Sprinkle (black & white sesame seeds, dried onion and garlic, zest of lime)
- 1/4 to 1/2 cup cooked beans (garbanzo, black or lentils) or your choice of protein
- 1-3 Tbsp. prepared pesto

Faux Creamy Caesar Dressing

- 1/2 cup raw sunflower seeds or cashews soaked at least 2 hrs. or overnight
- 1 clove garlic
- 2 Tbsp. fresh lemon juice
- 2 tsp. Dijon mustard
- 2 Tbsp. capers
- 1/4-1/2 cup cold water
- salt & pepper to taste
- 1 Tbsp. nutritional yeast (optional)

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PANTRY TIPS

Save time by roasting or grilling mixed vegetables each week to have ready before mealtime.

Don't throw out that small amount of leftovers from another meal. Using up little odds and ends that might otherwise be tossed can be a fun and tasty addition.

beyond PESTO



SEASON
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BEYOND PESTO

- 1 | In a food processor add greens, garlic and nuts until it turns into a paste, pulsing and scraping sides to blend consistently.
- 2 | With the machine running, pour oil in a thin, steady stream, again scraping sides as needed to incorporate.
- 3 | Add cheese and pulse until well incorporated.
- 4 | If serving over noodles, be sure to save some of the cooking water to get your sauce to the right consistency. Toss the pesto with hot noodles and stir until completely coated, adding butter off direct heat. Serve immediately

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HEALTH TIP

Leafy Greens

loaded with vitamins, minerals and fiber, and are an easy way to add one of the six tastes (bitter). Ayurveda loves greens as bitter tastes stimulate digestion. Leafy greens reduce the risk of obesity, heart disease and high blood pressure. Don't forget to try some microgreens which can be grown all year round in your home and are packed with Vitamin C, E and K.

Makes 1-2 cups

- 2-3 cups fresh leafy greens
- 4-6 cloves roasted garlic
- 1/3 cup toasted nuts (see variations below)
- 1/8 tsp. salt and pepper or to taste
- 1/2 cup extra virgin oil
- 1/4 cup fresh grated parmigiano reggiano cheese
- 1 Tbsp. butter

PANTRY TIPS

Think ahead and save time by toasting nuts and roasting garlic and shallots in large batches. You can keep frozen until ready to use.

Texture is important, so adding ingredients in the right order is key to getting the consistency you desire.



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VARIATIONS

Make a green sauce from whatever's in the garden. Combine arugula, basil, cilantro, spinach, mint and parsley with olive oil, pine nuts and/or walnuts for a Mediterranean taste.

For an Asian flair use basil, cilantro and mint with avocado and/or coconut oil, peanuts and/or cashews. Replace the butter with sesame oil but use half the amount. Omit the cheese but add roasted shallots with the garlic, some roasted chiles, a drop of fish sauce and/or lime juice ... sending your tastebuds to southeast Asia.