



sweet potato and green bean salad

SERVES 3 to 4 • **PREP:** 20 minutes • **COOK:** 15 minutes • **GF, DF** • **FALL-WINTER**

Here is a balancing salad for the fall-winter season, when raw lettuce salads feel too cold and airy. I like how the seasonings lend a kick of heat to the grounding and satiating vegetables and create a sense of expansion within the body. Try this combination of spices, nuts, and seeds with other steamed vegetables: parsnips and kale; beets and carrots; baby turnips, carrots, and spinach, to name a few.

Sweet Potato and Green Bean Salad goes well with Adzuki Bean and Red Lentil Patties (page 84), Plain Basmati Rice (page 64), Lime Rice Pilaf (page 65), Cauliflower Soup with Almond Cream (page 120), and more.

- 2 cups peeled and cut sweet potatoes (½- by 1-inch pieces)
- 2 cups trimmed and cut (2 inches long) green beans
- 1 tablespoon cashew pieces or sunflower seeds
- 1½ teaspoons white sesame seeds
- 1 tablespoon toasted sesame oil
- 1 green Indian or Thai chile, seeded and minced
- 1 tablespoon peeled and thinly julienned fresh ginger
- 6 fresh curry leaves
- ½ teaspoon salt
- ½ teaspoon Protein Digestive Masala (page 233)
- Tiny pinch of asafoetida
- 2 tablespoons fresh lime juice
- ¼ cup loosely packed fresh cilantro leaves

FOR VATA BALANCING: Reduce or omit the chile.

FOR PITTA BALANCING: Omit the chile and asafoetida.

FOR KAPHA BALANCING: Enjoy as is.

1. Steam the sweet potatoes and green beans in a steamer basket over medium heat for 10 to 15 minutes, until the vegetables are tender yet retain their vibrant colors. Rinse them under cold water and drain well. Transfer to a large bowl.
2. While the vegetables are steaming, dry-toast the cashew pieces and sesame seeds in a small skillet over medium-low heat, shaking frequently to allow the nuts and seeds to brown slightly. Set aside to cool. Powder the toasted ingredients in a spice grinder.
3. In a small skillet, heat the sesame oil over medium heat. Add the chile, ginger, curry leaves, salt, masala, and asafoetida, and toast for about 10 seconds to help the spices activate their aromas, then turn off the heat.
4. Pour the hot seasonings over the steamed vegetables. Add the lime juice and cilantro, and sprinkle the powdered cashew-sesame mixture on top. Toss gently to combine. Serve at room temperature.

warming masala

MAKES about ¼ cup • **PREP:** 3 minutes • **GF, DF**
• **FALL-WINTER-SPRING**

I learned this recipe from Vaidya R. K. Mishra. He combined one cooling and three heating spices to create a powerful blend that helps enhance digestion and clear the gut of *ama*. What's more—and some may argue more important—is the masala's great smell and taste.

Warming Masala goes well with any lentil dish, kitchari, leafy greens, and more.

- 1 tablespoon fennel seeds
- 1 tablespoon kalonji seeds
- 1 tablespoon ajwain seeds
- 1 tablespoon fenugreek seeds

1. Place all the ingredients in an electric spice grinder, and grind to a fine powder.
2. Store in an airtight jar away from light and humidity for up to 1 month.

protein digestive masala

MAKES about ¼ cup • **PREP:** 5 minutes • **GF, DF** •
YEAR-ROUND

Vaidya Mishra created this spice blend to support protein metabolism. I love using it with lentils, fresh cheese, kitchari, and sauces. It is a very balanced, tridoshic blend that you can cook with all year round.

- 2 tablespoons coriander seeds
- 2 tablespoons fennel seeds
- 2 teaspoons fenugreek seeds
- 1 teaspoon cumin seeds
- 1 teaspoon ground turmeric
- 1 teaspoon cardamom seeds
- 1 teaspoon cinnamon chips or ground cinnamon

1. Place all the ingredients in an electric spice grinder, and grind to a fine powder.
2. Store in an airtight container away from light and humidity for up to 1 month.

A top-down view of a variety of fresh ingredients including leafy greens, vegetables, and nuts. The ingredients are arranged around the central text, creating a vibrant and healthy aesthetic. The background is a plain, light color, making the colors of the food stand out.

Joy of Balance

An Ayurvedic Guide to
Cooking with Healing Ingredients

80 PLANT-BASED RECIPES

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