Pitta-balancing Kichadi

Ingredients:

1 teaspoon fennel seed, whole
1/8 teaspoon freshly ground black pepper
1 tablespoons finely minced fresh ginger without skin
2 tablespoons Coconut oil
2 tablespoons shredded coconut (optional)
6 cups water
1 cup mung dal
3/4 cup basmati rice
1/2 cup chopped zucchini
1/2 cup chopped yellow squash
5 asparagus stalks, chopped
1 large celery stick, thinly sliced
1 large kale, stemmed and thinly sliced
1/2 cup of fresh coriander (cilantro), finely chopped
1 lime
1/2 teaspoon pink Himalayan salt
Chopped cilantro, for garnish
Ghee, for individual servings

Preparation:

Warm the coconut oil over medium heat in a large pot. Once hot, add in the cumin seed and black pepper. Sauté for 2 minutes stirring frequently. Add fresh ginger, and shredded coconut. Stir constantly.

Sauté for an additional 30 seconds and pour the water into the pan and bring it to a boil.

Add the mung dal and reduce the heat to medium. Partially cover the pan. Cook for 15 minutes, stirring every 5 minutes.

Now add the rice, zucchini, yellow squash, celery, asparagus, and kale to the pan. Stir well and partially cover. Reduce the heat slightly to a low-medium setting and cook for 12 minutes. If the kitchari becomes too thick, carefully add more water by the quarter cup.

After 12 minutes, turn the heat to low, cover the pan completely and cook for 3 additional minutes, stirring occasionally.

Turn off the heat and take the pan off of the hot burner.
Add in the coriander leaves (cilantro), fresh lime juice, and salt. Stir well and then cover for an additional 3 minutes to let all the flavors get absorbed.

Once you are ready to serve, garnish each individual bowl with coriander leaves (cilantro), shredded coconut, and ghee (about 1 tsp per bowl). Add any additional lime juice, salt, and pepper as desired.