

Vata-balancing Kichadi

Ingredients:

1 cup mung dal (yellow, split)
1 cup basmati rice
1/2 teaspoon cumin seeds, whole
1/2 teaspoon brown mustard seeds, whole
1/4 teaspoon freshly ground black pepper
7 cups vegetable broth (or water)
1/4 cup minced onion
2 tablespoons finely minced fresh ginger without skin
2 cinnamon sticks
1 medium carrot, thinly sliced
1/2 cup chopped sweet potato
1/2 cup zucchini
1/2 cup yellow squash,
2 cups baby spinach leaves, chopped
1 lemon, juiced
1/2 teaspoon pink Himalayan salt or mineral salt
2 tablespoons sesame oil
1 pinch asafoetida (also called 'Hing', available at Indian grocery stores)
Ghee, for individual servings
Chopped cilantro, for garnish
Shredded coconut, for garnish

Preparation:

Warm the sesame oil over medium heat in a large pot. Once hot, add in the onion, cumin seeds, brown mustard seeds, and black pepper. Sauté for 2 minutes, stirring frequently. Add in ginger and sauté for 30 seconds, stirring constantly.

Add in water or broth and cinnamon sticks. Increase the heat to high, cover the pan, and bring it to a boil.

Once boiling, reduce the heat to medium and add in the mung dal. Stir well and partially cover. Cook for 10 minutes stirring occasionally.

After 10 minutes, add in the rice, carrot, sweet potato, zucchini and yellow squash. Stir well and keep partially covered. Cook over medium heat for an additional 10 minutes, stirring every 3 to 4 minutes.

Now add the spinach and reduce the heat. Cover the pan completely, and cook for 5 minutes. Stir every 1 to 2 minutes to avoid the kitchari from sticking to the bottom of the pan.

Turn off the heat but leave the pan on the hot burner. Add in the fresh lemon juice and salt. Stir well and blend all of the ingredients together evenly. Cover the pan and let it sit for a few minutes.

Serve into individual bowls. Add 1 teaspoon of ghee to each serving and garnish generously with coriander (cilantro). Additional lemon juice, salt, and pepper can be added if needed.