

Asha

Shares

Prana

*A vegetarian cookbook reflecting my cheffing creations at the Sewall House
Yoga Retreat during the summer 2013.*

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The act of eating starts out pretty basic. As a baby, we all listen to our body's need for nourishment, and cry accordingly until we are fed. As we become older, different elements come into the eating experience. Graduating from breast milk, we are introduced to various tastes, textures, and substances that assemble together to nourish us, and we receive pleasure and energy from the eating experience. When mindfully enjoyed, the practice of eating can become an extension of yoga.

As we become increasingly seasoned eaters throughout our lifetime, we tend to approach nourishment in one of two ways. The first way is just eating to eat. Whether for energy, primal pleasure, or out of habit, this path rarely unleashes the true satisfaction and energy that exists within food. The second way is eating to live. This involves eating foods that have been prepared with love and grown with care, and then consumed mindfully to truly take in the taste and composition of nutrients into body. This type of eating allows for the flow of *prana*, or a living energy force, to awaken the body and mind. As the title of my book suggests, I am sharing my recipes from this summer not as mundane food, but as invigorating *prana*.

Whenever a person indulges in one of their basic needs, it is ultimately in an attempt to create balance, and eating is no different. The meaning of yoga is a union of the mind, body, and breath, which creates a balance of the whole Self. As an extension of yoga, indulge in eating for nourishment, pleasure, and sharing with the ultimate goal of Self-balance. Simple ways to strive towards eating in this manner of integrity include choosing fresh, local, and organic ingredients; preparing food while in a pleasant mood; and allowing ample time for the preparation, eating, and digesting process. Of course, this is easier said than done, but nonetheless something we can continually strive for.

Aside from sharing my recipe creations from this summer, my intention of this cookbook is to inspire you practice and enjoy the entire process of consuming food as a fundamental part of life. I hope this cookbook encourages you to expand your realm of pleasure, creativity, and satisfaction that results from creating, eating, and digesting a *pranic* meal.

Shanti,

Asha

Some basic cooking input

These suggestions are just a few ways you can make your cooking experience as pure as possible. The quality of your ingredients and other cooking materials makes utmost difference in the final product. Quality ingredients will produce quality dishes, and in turn quality dishes will allow the eater to convert the meal into top-notch energy and vitality as well. That's what I call *prana*.

How to...

Choose produce:

Produce grown on a small scale, locally, and/or organically tends to have a higher concentration of micronutrients, and thus a better flavor. Opt for any of these qualities in the production of your produce over conventional produce. However, when price or accessibility make these options prohibitive, any produce is better than no produce.

Choose flour:

The quality of flour that you choose to use in your recipes can have a huge impact on the taste and nutrition of your final product. When choosing white flour, always opt for unbleached flour, which is refined without the use of bleach and other chemicals. Bleached flour, on the other hand, is treated with toxic chemicals to achieve the white powdery consistency, thus not ideal to put into your baked goods. When a recipe calls for flour, I like to measure half of it in unbleached white flour, and then substitute the other half with oat bran. Oat bran is finely ground oats, which adds a nutty consistency to the final product, and provides some additional fiber and micronutrients. If this texture isn't your favorite, other types of flour can be substituted to vary your intake, and add interesting flavor. Whole wheat flour, spelt flour, and buckwheat flour are all ideas, just keep in mind that they will alter the flavor and consistency of your final product.

Choose your cooking utensils:

With so many different cooking utensils out there to choose from, it is important to choose something that fits your purposes for cooking. Keep in mind that whatever materials you use to cook interact intimately with the food you are making, and inevitably one will rub off on the other. Because of this, I believe in choosing the simplest, purest utensils made with basic materials that enhance cooking without the possibility of contamination. I choose stainless steel pots and pans, wooden or metal spatulas and spoons, glass or ceramic bowls and plates, and a good cast iron skillet. I try to stay away from plastic, because it could melt or scrape into foods. I also try to stay away from Teflon. Although the nonstick qualities are convenient, there are toxic chemicals that can rub off into your food and have been shown to link to rates of birth defects and cancers.

Choose cooking oils:

Olive oil is your healthiest option, adding it's own flavor. Cold pressed olive oil is the least refined and purest option. Only choose olive oil when cooking at a medium heat or less; otherwise it will lose its composition, altering the flavor and unleashing some not-so-tasty chemicals. Canola oil is an all-purpose option that does not add much flavor, and can be cooked at any temperature. Coconut oil is a delicious substitute for butter that can be cooked at any temperature. Butter adds a nice flavor, and can be cooked at any temperature.

Soups

Lemon Quinoa Soup

This is a uniquely satisfying soup that incorporates most of the major food groups. One of our guests this summer encouraged me to try making dishes without garlic and onion, and this soup is a result!

Yield: 2 servings

Total time: 1 hour

Ingredients:

- 1 tbsp olive oil
- 1-2 carrots, diced
- ½ red bell pepper, diced
- ½ cup green beans, chopped into small pieces
- 2 cups vegetable broth (see pg 50)
- 1/3 cup quinoa
- 1/3 can of coconut milk
- 1-2 tsp cumin powder
- 1/2 tsp smoked paprika
- 2-3 leaves of kale, chopped
- ½ a lemon, juiced
- salt to taste

Directions:

1. Heat up olive oil on medium heat in a medium pot. Add carrots and red bell pepper. Sauté for 3-5 minutes and add green beans. Sauté for a few more minutes, until slightly cooked.
2. Add vegetable broth and quinoa to the pot. Bring to a boil and then reduce heat to low and simmer.
3. Shake the coconut milk can and then open. Add coconut milk, cumin powder, and smoked paprika.
4. Let it simmer for 30-35 minutes. If becoming too thick, add vegetable broth or coconut milk along the way. Halfway through or so, add kale.
5. When cooked, stir in salt to taste and lemon juice. Serve it hot.

Sage & Ginger Squash Soup

A warm soup like this really encourages the cozy mood of winter. The scent of sage is known for its calming, focusing, and relaxing qualities on the mind. Simmer this soup on a cold day and you will surely be relaxed.

Yield: 5 servings

Total time: 2 ½ hours

Ingredients:

- 2 medium sized acorn squashes (or another type of squash that you like), cut in half and de-seeded
- olive oil
- 4 large carrots, diced
- 1 yellow onion, diced
- 3 sprigs fresh sage (or use dried sage) finely chopped
- ½-1 inch chunk ginger root, minced
- 1 pinch asafodita
- 1 bouillon cube
- 48-54 oz vegetable broth (see pg 50)

Directions:

1. Preheat oven to 425 degrees.
2. Place squash face-up on a baking sheet, and either drizzle or brush lightly with olive oil. Bake for 45 min-1 hour, until soft.
3. Meanwhile, heat up 1-2 tbsp olive oil on low heat in a large pot. Add onion, carrots, ginger, and sage. Sauté for 30 minutes or so, until onions are translucent and carrots are soft. If it is becoming too dry, add a small amount of vegetable broth.
4. Remove peel from the squash, and add it to the pot. Add vegetable broth, bouillon cube, and asafodita.
5. Either using an immersion blender, or transferring the soup to a blender, blend until it has reached the desired soup-like consistency.
6. Return soup to the pot, and simmer for at least 30 minutes (ideally an hour or so). Add any additional ginger, sage, or salt needed. If you like, you can place the sage stems in the pot while simmering, and remove before serving for additional flavor.

Spicy Corn Chowder

Both the color yellow (corn!) and the scent of marjoram are said to balance the third chakra, or solar plexus. If you need something to regain emotional control, try this soup!

Yield: 5 servings

Total time: 1 hour

Ingredients:

- 1 tbsp coconut oil
- 1 red onion, diced
- 1 ½ red bell pepper, diced
- 3 tsp dried marjoram
- 3 cups corn, frozen or fresh
- 1 can coconut milk
- 1 ½ jalapeno, seeded and roughly chopped
- 4-5 garlic cloves, minced
- 28-32 oz vegetable broth (see pg 50)
- 2 tsp paprika powder
- 1-2 tsp cumin powder
- salt to taste

Directions:

1. Heat up coconut oil on medium-low heat in a pot. Add red onion, bell pepper, and marjoram. Sauté for 15 minutes or so.
2. Place corn in a separate pot on the stove and fill the bottom of the pot with water. Turn the heat onto low and simmer corn until it has been softened, around 5 minutes. Transfer corn in a blender or food processor with coconut milk, jalapeno, and garlic. Blend until smooth.
3. Add ¼ of the vegetable broth to the pot, and then add the corn mixture. Stir in paprika, cumin powder, and salt. Add more vegetable broth to achieve the desired soup consistency. Simmer on low heat for at least 30 minutes.
4. Serve by itself, or topped with fresh cilantro or grated cheddar cheese.

Tomato Soup

This version of a classic soup adds North Indian spices. I love to serve it topped with turmeric croutons, easily made by stir-frying cubes of bread with a little oil, salt, garlic powder, and lots of turmeric.

Adapted from *Vegan Indian Cooking*

Total time: 1 hour

Yield: 4 servings

Ingredients:

- 2 tsp canola oil
- 2 tsp cumin seeds
- 2 tsp mustard seeds
- 1 tsp turmeric powder
- 4 medium tomatoes, peeled and roughly chopped
- 2 inch chunk of ginger root, minced
- 4 cloves of garlic, minced
- ½ tsp chili powder (optional)
- 4 cups vegetable broth or water (see pg 50)
- ½ a lime, juiced
- a large handful of cilantro, finely chopped

Directions:

1. In a large pot, heat up oil over medium-high heat
2. Add cumin, mustard, and turmeric, cook until seeds are just starting to pop, about 30 seconds-1 minute
3. Add tomatoes, ginger root, garlic, chili powder, and broth or water. Bring it to a boil.
4. Reduce heat to medium-low and simmer for 15 minutes. Then, transfer soup to a blender, or use an immersion blender to create a smooth soup.
5. Return soup to the pot. Stir in salt, lime juice, and cilantro before serving.

Breads

Buttermilk Biscuits

This recipe has been adapted from my Mississippian mother, one of the many southern recipes that have been passed down in the family. Sewall House guests enjoyed the breakfast sandwich of eggs and sharp cheddar cheese inside a warm biscuit.

Adapted from Patti Phadke

Total time: 40 min

Yield: 10 biscuits

Ingredients:

- 2 cups flour (I like to use half white, half whole wheat in this one)
- 1 tbsp baking powder
- ¼ tsp baking soda
- 3 tsp dried rosemary
- 6 tbsp chilled salted butter
- 1-1 1/3 cups buttermilk

Directions:

1. Preheat oven to 425 degrees
2. Combine flour, baking powder, baking soda, and rosemary
3. Using a pastry knife, or knife and fork, cut butter into flour mixture until coarse crumbs form. Add 1 cup of buttermilk, tossing with a fork until dough forms. Add up to 1/3 cup of buttermilk additionally as needed until dough becomes sticky.
4. Shape biscuits into balls or disks and place them on a baking sheet.
5. Bake for 12-15 min until golden on top. Serve warm.

Notes:

- A good substitute for buttermilk is ¼ of a lemon squeezed into a cup of milk. Stir it together and let it sit for a couple minutes before using it in the recipe.

Breadsticks

I originally used this recipe for pizza crust, but the breadsticks became a favorite alongside a warm soup. Experiment with different herbs in the recipe to compliment whatever you are serving it with.

Yield: 6 breadsticks

Total time: 40 min

Ingredients:

- $\frac{3}{4}$ cup lukewarm water
- 1 tsp active-dry yeast
- 2 cups flour (your choice, I recommend at least half white)
- 1 $\frac{1}{2}$ tsp salt
- 1 $\frac{1}{2}$ tsp dried oregano
- $\frac{1}{3}$ cup or so of grated Parmesan cheese

Directions:

1. Combine the water and yeast in a mixing bowl, and stir to dissolve the yeast.
2. Sift flour, salt, oregano, and Parmesan together in a medium sized bowl.
3. Add the yeast mixture to the flour mixture and mix until you've formed dough. Knead for about 5 minutes, the dough should be elastic and smooth.
4. Allow the dough to rise and double in size, at least 1 $\frac{1}{2}$ hours.
5. When ready to bake, knead the dough and then break into six even-sized pieces. Roll the pieces into breadstick shapes.
6. Place breadsticks on a parchment-lined baking sheet and bake at 500 degrees for 10-12 minutes, until breadsticks are slightly golden brown, or browning on the bottom.
7. Serve plain, with butter, or alongside your favorite soup or other dish.

Naan

The yogurt in this recipe creates the soft, fluffy North Indian flatbread. Be sure to knead it for the entire recommended time for best results.

Adapted from *Eat, Taste, Heal*

Total time: 5 hours

Yield: 6 pieces

Ingredients:

- 1 tsp yeast
- ½ cup plain yogurt
- 3 tbsp ghee or sunflower oil
- 1 cup flour (I like to use ½ white, ½ whole wheat)
- 2 tsp sugar
- 1 tsp salt
- 1 tsp baking powder
- 1 ½ tsp garlic powder (optional)

Directions:

1. Stir together yogurt and ghee in a small bowl.
2. In another bowl, combine the yeast, flour, sugar, salt, baking powder, and garlic powder (if desired).
3. Add yogurt mixture to the dry mixture and begin to mix and knead with your hands. Knead until the dough is smooth, firm, and elastic, about 7 minutes
4. Shape dough into a disk and leave it in the bowl. Cover with a towel and let it rise for around 4-5 hours.
5. Preheat oven to 550 degrees
6. Knead the dough again and divide it into six even balls. On a lightly floured surface, roll each ball into an oval shape that is around ¼ inch thick. Transfer to a baking sheet and bake until the dough puffs up, 5-7 minutes
7. Serve alongside your favorite Indian food, or something else.

Veggie Burger Buns

These buns turn out beautifully soft and golden brown, great for pleasing a group. Try it with my recipe for amaranth eggplant burgers!

Adapted from thekitchn.com

Total time: 3 hours

Yield: 8 buns

Ingredients:

- 1 tbsp active-dry yeast
- ½ cup warm water
- ½ cup milk
- 1 large egg
- 2 tbsp vegetable oil
- 2 tbsp sugar
- 1 tsp salt
- 3 cups all-purpose flour
- 1 tbsp butter
- sesame seeds (optional)

Directions:

1. In a large bowl, stir yeast into warm water and let it sit until dissolved.
2. In a separate bowl, whisk milk, egg, oil, sugar, and salt together. Add the yeast mixture, and stir. Add the flour and stir to create dough. Knead for 10 minutes. The dough should eventually feel smooth, slightly tacky, and spring back when poked.
3. Cover dough and let it rise until doubled in size, 1 hour or so.
4. Sprinkle your counter space with flour and knead out the dough on top. Divide into 8 pieces and shape each into a tight ball.
5. Transfer balls to a baking sheet and let them rise until puffy, 30-40 minutes.
6. Preheat oven to 375 degrees.
7. Melt butter and brush it over the buns. Sprinkle sesame seeds on top if desired.
8. Bake buns until golden on top, 15-18 min.
9. Let the buns cool to room temperature, then slice and serve.

Zucchini Bread

Uniquely flavored with cardamom (one of my favorite spices) this is a treat of a way to eat your vegetables! This bread serves well for breakfast or dessert. Store any leftovers in the fridge or freezer.

Adapted from Patti Phadke

Yield: 2 loaves

Total time: 1 ½ hours

Ingredients:

- 3 eggs
- 1 cup sugar
- 1 cup brown sugar
- 1 cup canola oil (or coconut oil)
- 3 tsp vanilla extract
- 1 tsp almond extract
- 4 cups zucchini, grated
- 3 cups flour, your choice
- 2 tsp baking soda
- 1 tsp baking powder
- 2 tsp cardamom powder
- ½ tsp nutmeg
- 1 tsp salt
- ¾ cup chopped walnuts (optional)
- ½ cup raisins (optional)

Directions:

1. Preheat oven to 350 degrees
2. In a large bowl, beat eggs and both sugars together. Add oil and vanilla and almond extracts. Stir in zucchini.
3. In a smaller bowl, combine flour, oat bran, cardamom, nutmeg, baking soda, baking powder, and salt.
4. Add dry ingredients to the zucchini mixture and combine well. Add nuts and raisins if desired.
5. Grease and flour 2 loaf pans, and then divide the mixture between the two. Bake for 50 min-1 hour, until a knife inserted in the center comes out clean.
6. Let it cool slightly before serving. This bread freezes well.

Mains

Amaranth Eggplant Burger

This patty makes for a satisfying sandwich, for vegetarians and meat eaters alike. With both amaranth and walnuts, it really packs in some quality protein.

Adapted from keepinitkind.com

Total time: 2 hours

Yield: 8-9 burgers

Ingredients:

- 2 medium-large eggplants, in ½ inch cubes
- Sea salt
- olive oil
- 1/2 cup amaranth
- 1 ½ cups vegetable broth or water
- 1 tbsp cumin seeds
- ½ small white onion, diced
- 1 jalapeno, diced
- ½-1 inch ginger root, peeled and minced
- ½ cup fresh parsley, chopped
- ¼ tsp aseedita powder
- ¾ cup walnuts

Directions:

1. Preheat oven to 400 degrees
2. Place eggplant on a baking sheet, cover with sea salt and let it sit for 20 minutes. Blot off the excess moisture, and then toss with olive oil. Bake in the oven for 20 minutes or so, tossing once halfway through. When mushy to the touch and slightly brown, remove from heat and let it cool.
3. While eggplant is baking, place amaranth and vegetable broth or water in a pot and cover. Bring it to a boil, and then reduce heat to a simmer and open the lid just a bit. Simmer until liquid has been absorbed, 10-15 minutes.
4. While these are cooking, heat up olive oil in a small frying pan on medium heat. Add cumin seeds and sauté for 1 minute or so, then add jalapeno and onion. Sauté for a few minutes. Then remove from heat.
5. In a food processor, combine eggplant, parsley, ginger root, jalapeno mixture, aseedita, walnuts, and salt and pepper to taste. Blend slightly, so it is mushy but still chunky.
6. In a large bowl, combine amaranth and eggplant mixture. Taste and adjust spices/salt level if needed. The batter should be chunky and sticky. Add more ground walnuts if it is too watery.
7. Using your hands, shape 8-9 patties on a baking sheet lined with parchment paper. Thicker patties will require longer baking time. Bake for 1-1 ½ hours or so, flipping halfway through. The convection setting will speed up the process.
8. After baking, pan-fry them to make them a bit crispy before serving, perhaps melting cheese on top (optional). Serve on a bun with your favorite fixings.

Notes:

- Eggplants tend to vary in water content; thus changing the consistency of the batter and in turn the baking time. If your eggplant is watery, adjust with more walnuts, or baking burgers for a longer time. This recipe can be a bit tricky.

Avocado-coconut veggies

A creamy avocado sauce coats sautéed vegetables in this rich, tropically inspired myriad of vegetables. This zingy dish serves well with wild rice or another favorite grain.

Yield: 6-7 servings

Total time: 1 hour

Ingredients:

- 1 tbsp coconut oil
- ½-1 red onion, sliced
- 1 red bell pepper, sliced
- ½ cup cashews
- Bragg's Liquid Aminos
- 2 medium sweet potatoes, peeled and cubed
- 1 package of extra-firm tofu (see pg. 48)
- 2-3 avocados
- 1 tbsp of honey
- 2-3 garlic cloves, peeled and roughly chopped
- 1 tsp cumin powder
- lemon juice from ½ of a lemon
- 1-2 jalapenos, seeded and roughly chopped
- 1 or 1 ½ inch chunk of ginger root
- ½ tsp sea salt
- 1-2 large heads of broccoli, chopped into larger bite size pieces
- ¼ c dried grated coconut

Directions:

1. Heat up coconut oil in a large wok or frying pan on med-low heat. Add onion.
2. After 2 minutes or so, add red bell pepper and cashew pieces and stir in some Bragg's, about 2 teaspoons or so.
3. Preheat oven to 425 degrees
4. While veggies are sautéing, place sweet potatoes on one baking sheet, and tofu on another. Toss each with some melted coconut oil and Bragg's. Take them out of the oven and toss after 10 minutes, then replace back in the oven. Sweet potatoes will be ready after 25-30 min, when slightly crispy on the outside. See *Prepared Tofu*, page 48 for additional tofu directions.
5. After 10 or so minutes, when onions mix is sautéed but peppers are not overly soft, add broccoli to the sauté. Stir in an additional 2-4 tsp of Braggs. Turn off the heat when the broccoli is just slightly soft, 3-4 min. Add baked tofu and sweet potatoes. Cover the pot.
6. In a food processor or blender, blend avocado, honey, garlic, cumin, lemon juice, jalapeno, ginger root, and salt until creamy. Add more of any flavoring to your taste.
7. Scoop the avocado sauce into your pan of veggies and toss to combine everything. Add salt or Braggs to taste.
8. Serve garnished with grated coconut, alongside your choice of grain.

Notes:

- Bragg's Liquid Aminos is a liquid protein concentrate made of soybeans and comparable to soy sauce. It's a great addition to your pantry for use in cooking and salad dressings.

Asha's Falafel

This combination of Middle-Eastern inspired spices makes for a uniquely satisfying meal. It may take a couple tries to get the frying down, but it's worth the effort.

Yield: 8 servings

Total time: 2 hrs

Ingredients:

- 4 cups chickpeas, soaked (see pg 49)
- ½ a medium onion, roughly chopped
- 6-7 cloves garlic, roughly chopped
- ½ cup or so of fresh parsley
- 2-3 tsp coriander powder
- 3-4 tsp cumin powder
- ½ tsp cardamom powder
- 2 tsp turmeric powder
- 1/2 -1 tsp cayenne powder
- ¼ cup of flour of your choice
- salt to taste
- up to ¼ cup olive oil
- sesame seeds (optional)
- canola oil for frying

Directions:

1. Place all ingredients except oils and sesame seeds in a food processor or blender. Blend until you get a rough, sticky consistency. Add olive oil or additional flour as needed to achieve the consistency.
2. Taste and add salt or spices to your liking.
3. Refrigerate the batter for 1 hour or more.
4. Heat up oil in a pot on medium heat to fry.
5. Roll falafel batter into balls or patties, the size of a small handful. Coat each with sesame seeds (if desired).
6. Fry the patties, 2-3 minutes on one side, and 2-3 minutes on the other side. You can break one open to check if it's been fully cooked- the inside should not be batter-y.
7. Serve with yogurt, hummus, or taziki for dipping; over salad; or in a pita sandwich.

Notes:

- Do not substitute canned chickpeas in this recipe. They will be too moist to make the proper batter consistency.

Chole

This is a recipe of Indian-style chickpeas. I am always amazed at how much onion can be put into this one dish, combining with the garlic and other spices, it has a real warming effect on the body.

Adapted from Lata Phadke

Yield: 7 servings

Total time: 40 min

Ingredients:

- 3 cups chickpeas, soaked (see pg 49)
- 1 large onion, roughly chopped
- 2 large tomatoes, roughly chopped
- 4 cloves garlic
- ½ inch piece of ginger root, peeled and roughly chopped
- 1 tbsp canola oil
- ½ medium onion, thinly sliced
- ½ tsp turmeric powder
- 1 tsp coriander powder
- 1 tsp cumin powder
- 1 tsp garam masala
- 1 tsp chili powder (optional)
- salt to taste
- lemon wedges & cilantro, for serving

Directions:

1. Place chickpeas in a pot and fill the bottom with water. Cover. Simmer the water at low heat, cooking chickpeas until they have achieved the desired softness, 20-30 min.
2. In a blender or food processor, place the large onion, tomatoes, garlic, and ginger. Blend until smooth.
3. Heat up oil on medium heat. Add sliced onion and fry until soft, 3-5 min. Add turmeric, coriander, cumin, garam masala, and chili powder. Sauté for an additional minute.
4. Add the tomato mixture and sauté for 2 minutes. Add chickpeas and salt and cook for 5-10 minutes.
5. Serve over rice, garnished with fresh lemon and cilantro.

Lentil Stuffed Peppers

*It's always fun when you can eat your meal and the bowl it came in!
Enjoy the soothing rosemary contrasted with the heat of garlic and paprika in this recipe.*

Yield: 4 peppers

Total time: 1 hour

Ingredients:

- 1 tbsp olive oil
- 2-3 cloves garlic
- 1-1 ½ cups baby bella mushrooms, chopped in small pieces
- balsamic vinegar
- 1 cup green lentils, pre-soaked in 2 cups of water for at least 1 hour
- 1 sprig fresh rosemary, or 2 tsp dried rosemary
- ½ tsp paprika
- 1 tsp cumin powder
- 4 large bell peppers
- sharp cheddar cheese grated (optional)
- salt to taste

Directions:

1. Preheat oven to 350 degrees
2. In a frying pan, heat up olive oil on medium-low heat. Add garlic and mushrooms and 1-2 tbsp balsamic vinegar. Sauté for 10 minutes or so.
3. Place lentils in a pot with water. Bring to a boil and then reduce to a simmer. Add rosemary, paprika, cumin, and additional garlic if you'd like. Cook until the lentils absorb most of the water and they are soft.
4. Prepare the bell peppers by chopping off the top, and deseeding the insides. Place them in a baking pan where they can stand upright.
5. When lentils are finished, mix in some cheese if desired before dividing them evenly among the bell peppers. Top with additional cheese if desired.
6. Bake for 30-45 minutes, the cheese should be melted and bell peppers should be soft and very slightly browned. Serve.

Mushroom Dal

Dal is such a staple and favorite food of mine, this is a variation that I created with mushrooms and parsley, two ingredients that are not often used in my family's traditional Indian cooking.

Yield: 6 servings

Total time: 40 min

Ingredients:

- 2 tbsp canola oil
- 1 ½ tsp cumin seeds
- 1 small or medium red onion, diced
- 1 inch or so of fresh ginger root, grated
- 1 tsp coriander
- 1 tsp turmeric
- ½ tsp chili powder (optional)
- 1 ½ cups green lentils, soaked for at least 30 minutes and then rinsed
- 3 ½-4 cups vegetable broth, or water (see pg 50)
- 1 carton baby bella mushrooms, chopped into bite-size pieces
- 4 leaves of kale, chopped
- ½ bunch of fresh parsley, finely chopped
- salt to taste

Directions:

1. Heat up canola oil on medium heat for 1 minute.
2. Add cumin seeds, roast for 30 seconds-1 minute, until fragrant and just beginning to pop. Add onion, ginger root, coriander, turmeric, and chili powder. Sauté these for 5 minutes or so, until onions are soft and fragrant.
3. Add vegetable broth and lentils, bring the pot to a boil and then simmer for 15-20 minutes
4. While lentils are simmering, heat up a small amount of either canola oil or water in a fry pan on medium-low heat, and add mushrooms. Sauté mushrooms until they are soft, 10 minutes or longer.
5. When the lentils are cooked, add salt to taste, kale, mushrooms, and any additional spices to taste. Simmer for an additional 1-2 minutes. Turn off the burner and add fresh parsley, stir. Serve dal with rice.

Mushroom Farro Risotto

Farro is an ancient Italian grain that is low in gluten and full of micronutrients and fiber. Enjoy it as a substitute to the traditional Arborio rice used in risotto recipes.

Yield: 4-5 servings

Total time: 1 hour

Ingredients:

- 28-32 oz vegetable broth (see pg 50)
- 2 tbsp olive oil for onion, 1 tbsp olive oil for mushrooms
- 1 medium yellow onion, diced
- 4-6 garlic cloves
- 1 cup baby bella mushrooms, chopped
- 1 cup farro
- 1 cup dry white wine
- 4-6 oz freshly grated Parmesan cheese
- salt to taste
- black pepper to taste
- fresh parsley

Directions:

1. In a pot, simmer the broth
2. Heat up oil in a pan over medium-low heat. Add onions and garlic, sauté for 5-10 minutes.
3. In another pan, heat up oil and sauté mushrooms for 5-10 minutes.
4. Increase heat to medium for the pot of onions, add farro and toast for 4-5 minutes until fragrant, stirring frequently.
5. Add wine and stir. Allow the liquid to almost entirely evaporate while simmering.
6. Add warm broth over farro mixture until just covered. Simmer the mixture and stir. When half of the liquid has evaporated, add more broth and continue until the grains are soft (you may or may not use all the broth). Stir in Parmesan cheese, salt, and pepper.
7. When the salt and Parmesan amount is to your liking, stir in sautéed mushrooms and fresh parsley.
8. Serve with additional Parmesan.

Sweet & Sour Cabbage & Tofu

Here is another Sewall House staple, one of my favorite simple dishes to serve. It also makes fantastic leftovers, when the flavor has had ample opportunity to soak into the cabbage and tofu.

Yield: 3 servings

Total time: 40 min

Ingredients:

- ½ pound extra firm tofu, prepared with soy sauce (see pg 48)
- 2 tbsp canola oil
- ½ an onion, diced
- 1 chili pepper diced, or ¼-½ tsp chili flakes or chili powder
- at least 4 garlic cloves, minced
- at least 1 inch chunk of fresh ginger, minced
- 1 ½ tbsp sherry vinegar, more to taste
- 2-4 tsp honey
- ½ a medium sized cabbage, cored and thinly sliced
- soy sauce
- 1-2 tbsp toasted sesame seeds
- 2 green onions, chopped

Directions:

1. Heat canola oil in a large pan over medium-high heat. Add onion and chilies. When they start to soften, add half of the garlic, half of the ginger, and sherry vinegar. Cook for about 1 minute.
2. When onions are soft and the mixture fragrant, add the honey, remaining garlic and ginger, and cabbage. I like to add the cabbage a little at a time, stirring to mix before adding some more cabbage in.
3. Let the dish cook until the cabbage is tender but still a little crisp, 10 minutes or so. While cooking, add soy sauce and sherry vinegar to taste, and additional garlic and ginger if desired.
4. Add the baked tofu and sesame seeds and combine.
5. Serves best with soba noodles, but any other grain you like works also. Garnish with green onion.

Marinated Tempeh

Tempeh is a fermented soy product, comparable to tofu. When marinated for an extended amount of time, flavorings have time to really coat and soak into this versatile protein source. Once you get this recipe down, try experimenting with different spices and herbs!

Yield: 5 servings

Total time: 45 min
(plus time to marinate)

Ingredients:

- 2 8-oz packages of tempeh, chopped in 1 inch cubes
- 1/2 cup olive oil
- 4 tbsp tomato paste
- 2-3 tbsp soy sauce
- 2-3 tbsp maple syrup
- 3-4 garlic cloves, minced
- 1 tsp smoked paprika

Directions:

1. Mix all ingredients together except for the tempeh
2. Place tempeh in a small baking dish, cover with the marinade. Toss until tempeh is evenly coated, and then spread out in one layer.
3. Let tempeh sit for at least 4 hours, but the longer the better.
4. Preheat oven to 350 degrees.
5. Bake tempeh for 20-30 minutes, until the outside has become slightly crispy, tossing halfway through.
6. Serve tempeh mixed with a vegetable of your choice (I like steamed broccoli), and over a grain of your choice (I like soba noodles for this one).

Tofu Eggplant Rollatini

A nice replacement for the traditional dish made with ricotta, tofu adds some protein without overdoing the dairy. Parmesan can easily be omitted for a vegan alternative.

Yield: 5 servings

Total time: 2 hours

Ingredients:

- 2 large eggplant, sliced lengthwise into $\frac{1}{4}$ in slices
- sea salt
- olive oil
- $\frac{1}{2}$ a package extra firm tofu
- 3 oz frozen spinach, thawed and drained
- $\frac{1}{4}$ cup grated Parmesan cheese
- 2 sprigs of fresh basil, chopped finely
- 1-2 tbsp dried oregano
- 3-5 garlic cloves, minced
- any other favorite Italian herbs
- 1 jar of tomato sauce

Directions:

1. Preheat oven to 400 degrees
2. Place eggplant slices onto baking sheets and cover with sea salt. Allow the eggplant to sit for 30 minutes. With a paper towel, pat the eggplant dry and wipe off excess salt.
3. Cover the bottom of a large plate with olive oil. Dip each piece of eggplant onto the plate on each side, lightly and evenly coating both sides of each slice with oil. Place each slice onto the baking sheets in one layer. Bake for 20-30 min, flipping halfway through. When they are slightly browned, turn on the broiler for a minute or so to get the tops slightly crispy.
4. While cooking eggplant, drain the tofu, squeezing out all excess water. Place it in a bowl and crumble with your hands. Add basil, oregano, garlic, salt, spinach, and about half of the Parmesan. Mix it well (best done with your hands). Adjust spices to taste.
5. When the eggplant is done, let it cool and then transfer slices to a cutting board and add a large spoonful of tofu mixture on one end. Roll up the slice from that side, and place the seam down in a baking dish. Continue with all slices, lining them up side by side in the pan.
6. Reduce oven to 350 degrees. Cover eggplant with tomato sauce and sprinkle with Parmesan cheese. Bake for 20-25 minutes. Serve with pasta or couscous.

Basic red lentil dal

This warming dish was a standard in my house growing up. It can really satisfy on a chilly day. To add some extra veggies, try adding some kale or chard at the very end of cooking.

Yield: 4 servings

Total time: 1 ½ hours

Ingredients:

- 1 cup red lentils, or masoor dal
- 2 cups water
- 1 onion, diced
- 5 cloves of garlic, minced
- 1 inch chunk of ginger, minced
- 2 tbsp canola oil
- 1 tsp cumin seeds
- 1 tsp black mustard seeds
- 2-3 tsp turmeric powder
- chili powder to taste (optional)
- 2 medium tomatoes, diced
- ½ a lemon
- a handful of fresh cilantro, chopped

Directions:

1. Rinse lentils with water. Then place lentils in a bowl, cover with water, and let it soak for 30 min. Drain and set aside.
2. In a medium saucepan, combine water, onion, garlic, ginger, and lentils. Bring it to a boil on medium-high heat, and then lower the temperature and cover the pot with a lid. Gently simmer until lentils are tender and almost falling apart, 30-40 minutes
3. Shortly before the lentils are ready, put canola oil in a medium frying pan and heat at a medium-high temperature.
4. When the oil has been heated, add cumin seeds and mustard seeds and sauté, stirring frequently. Add turmeric and chili powder next. When the seeds have become fragrant and are just beginning to pop, remove from heat and then pour the oil mixture in the lentils. This entire step should take you no longer than a minute.
5. Add tomatoes to the pot of lentils, and simmer for an additional 3-5 minutes.
6. Remove from heat and either stir in fresh cilantro and lemon, or use these as a garnish. Serve with rice.

Salads

Artichoke Dill Salad

Yogurt is a great substitute for mayonnaise to make a healthy, creamy dressing. I love this salad as a part of a fresh summer lunch.

Yield: 4 servings

Total time: 35 minutes

Ingredients:

- 1 can artichoke hearts, sliced and drained
- Around 2 tbsp olive oil (use half for sautéing artichokes, and half to mix in with the dressing)
- 1 bag mixed greens
- ½ a cucumber, halved and sliced
- 1 tomato, cubed
- ¼ red onion, thinly sliced
- ½ cup plain yogurt
- 2 tbsp coconut vinegar (more to taste)
- 1 tbsp dried or fresh dill
- salt to taste
- black pepper to taste

Directions:

1. In a frying pan, Heat up olive oil on medium heat
2. Add artichokes. Saute until artichokes have slightly browned, 12-15 minutes. Stir frequently. When finished, transfer to a plate to cool.
3. In a large bowl, combine greens, cucumber, tomato, and red onion.
4. In a small bowl, mix together yogurt, olive oil, coconut vinegar, dill, salt and black pepper.
5. Add artichokes to the large bowl. Drizzle dressing on top and toss. Serve.

Basic Coconut Vinegar Salad

Feel free to use any array of raw vegetables to accompany this light dressing. I like to serve this salad with just about any meal; Sewall House guests this summer should know this salad quite well!

Yield: 5 servings

Total time: 30 minutes

Ingredients:

- 1 head of lettuce, chopped
- 2 tomatoes, cubed
- 1 avocado, cubed
- ½ red onion, finely sliced
- 1 carrot, grated
- 1-2 tbsp coconut vinegar (more to taste)
- ¼ cup olive oil (more to taste)
- salt to taste
- 1 garlic clove, pressed (optional)

Directions:

1. Combine all vegetables in a large bowl.
2. Drizzle with olive oil, coconut vinegar, salt, and garlic if desired.
3. Toss and add any additional dressing ingredients if necessary.

Notes:

- Coconut vinegar is available at health food stores. The brand that I use is Coconut Secret. I believe the health and taste benefits make it a worthwhile pantry staple.

Gingery Salad

This refreshing salad incorporates many ingredients that are great for digestion. Orange is the color of the second chakra, which isn't directly related to digestion but includes the large intestine.

Yield: 4 servings

Total time: 30 minutes

Ingredients:

- 1 bag mixed greens, in small pieces
- 1-2 carrots, grated
- ½ cup or more dried apricots, chopped
- 3-4 tbsp pumpkin seeds
- ¼ cup Apple cider vinegar (more to taste)
- 1/2 inch piece of ginger root, peeled and finely grated or minced (more to taste)
- 2 tbsp honey
- 1/4 cup olive oil (more or less to taste)
- Salt to taste

Directions:

1. Place greens, carrots, apricots, and pumpkin seeds in a large bowl.
2. In a small bowl, mix apple cider vinegar, ginger root, honey, olive oil, and salt.
3. Drizzle dressing over salad and toss. Serve.

Lemon Garlic Kale Salad

This sour and slightly sweet dressing really enhances the flavors of kale and other raw veggies. In addition the combination of raw garlic and lemon packs a healthy punch, great for warding off any oncoming sickness!

Yield: 6 servings

Total time: 30 min

Ingredients:

- 1 bunch of kale, finely chopped
- ½ red onion, diced
- 1 avocado, diced
- ½ cucumber, diced
- ¼ cup or more dried cranberries
- 1 lemon, juiced
- 1-2 cloves garlic, pressed
- 1 tbsp or so of honey
- ¼ cup olive oil
- salt to taste

Directions:

1. Place kale in a large bowl. Drizzle lightly with olive oil and salt. Using your fingers, massage the kale to soften and break up some of the fibers.
2. Add onion, avocado, cucumber, and dried cranberries to the large bowl.
3. In a small bowl, mix lemon, garlic, honey, olive oil, and salt.
4. Drizzle dressing over the large bowl of veggies and toss. Serve immediately, or better yet; let it chill for a few hours to allow the flavors to soak into the salad before serving.

Pressed Salad

Although cabbage is my favorite base for this salad, other veggies that incorporate well into this type of salad include radishes, bell peppers, red onion, and celery. Experiment with it!

Yield: 5 servings

Total time 8 ½ hours

Ingredients:

- ½ a head of cabbage, finely sliced
- 3 large carrots
- 4-5 tsp of salt
- 1 tbsp caraway seeds (optional)
- 1/8 cup apple cider vinegar, or juice of ½ a lemon
- 1/3 cup walnuts, chopped

Directions:

1. Using a bowl that has a mouth wide enough to place a plate inside, place cabbage, carrots, and caraway seeds. Add salt liberally. Using your hands, toss the salad and slightly massage the veggies.
2. Place a plate on top of the salad and add heavy objects on top to weigh it down (this could be cans of food, rocks, dry beans, a water bottle, anything!). Let it sit for 8 hours.
3. When ready, remove the weights and plate. Add apple cider vinegar or lemon juice and walnuts. Toss and serve. If you'd prefer, you can chill it at this point.

Raita

This refreshing salad traditionally accompanies a North Indian meal. Cilantro's cooling effect balances out the heat that usually comes along with a main dish.

Yield: varies

Total time: 20 minutes

Ingredients:

Any combination of the following ingredients:

- Tomatoes, diced
- Cucumber, peeled and diced
- Carrots, grated
- Red onion, diced
- A lot of cilantro, finely chopped
- Lemon, juiced, to taste
- Salt, to taste

Directions:

1. Place all ingredients in a bowl and toss. Taste and add salt or lemon juice as needed.
2. Place in fridge for at least an hour before serving for best flavor.

Raw Hummus

At Sewall House, this was a lunchtime staple. One batch of this usually stays fresh for about a week. Try experimenting with other flavor combinations, using ingredients such as fresh ginger root, turmeric, paprika, or peppers.

Adapted from Patti Phadke

Total time: 25 min

Yield: Varies

Ingredients:

- 2 cups of soaked chick peas (see pg 49)
- 3 cloves of garlic, roughly chopped
- 1 1/2 -2 lemons, juiced
- 2-5 tbsp tahini
- 2 tbsp extra virgin olive oil
- salt to taste

Directions:

1. Combine all ingredients in a blender or food processor.
2. Blend into a creamy hummus. Adjust any ingredients to taste.
3. Enjoy with fresh veggies, bread, or on sandwiches.

Cauliflower & Fennel Salad

The cauliflower in this salad turns into a hearty, satisfying consistency when baked, and the combination of complimentary flavors result in a unique salad that could easily be a meal on its own.

Yield: 6 servings

Total time: 50 min

Ingredients:

- 1 large head of cauliflower, chopped into florets
- 1 red bell pepper, sliced (optional)
- 2 tbsp fennel seeds
- Around 4 tbsp olive oil (use half on the roasted veggies, and other half on the kale)
- Salt to taste
- 1 bunch of kale, chopped
- 3/4 cup walnuts
- 2 tbsp maple syrup
- 1/4 tsp cayenne powder
- 1/4-1/2 cup orange juice
- 1 1/2 tbsp Dijon mustard

Directions:

1. Preheat oven to 415 degrees
2. Place cauliflower and pepper on a baking sheet, toss with olive oil, salt, and fennel seeds. Bake for 20-30 min, until cauliflower turns a light golden brown. When ready, transfer cauliflower to a different dish to cool.
3. Place kale in a large bowl. Drizzle lightly with olive oil and sprinkle salt. Using your fingers, massage the kale to soften and break up some of the fibers.
4. Heat up a saucepan to medium heat. Add a bit of olive oil, walnuts, maple syrup, and cayenne. Stirring frequently, cook until the sugar has crystallized on the walnuts, 5 minutes. Transfer to a bowl to cool.
5. In a small bowl, mix orange juice and Dijon mustard.
6. Add cauliflower and walnuts to the kale mixture and drizzle with orange juice mixture. Toss, add any additional salt, Dijon mustard, or orange juice to taste. Serve.

Sweet Potato Salad

This satisfying combination of fall vegetables makes for a hearty salad. The warm veggies atop kale will wilt the leaves nicely.

Yield: 6 servings

Total time: 1 ½-2 hours

Ingredients:

- 3 medium-large sweet potatoes, cut in 1-inch cubes and peeled (if desired)
- 2 bell peppers, sliced
- ½ cup or so of olive oil (use half for roasting veggies and half for the salad dressing)
- salt to taste
- 1 bunch of kale, chopped
- 1 tbsp Dijon mustard
- 2 tbsp maple syrup
- 2 tbsp sherry vinegar

Directions:

1. Preheat oven to 425 degrees
2. Place sweet potatoes and bell peppers on a baking sheet. Drizzle lightly with olive oil and salt and toss. Spread out evenly on the baking sheet.
3. Bake veggies for at least 45 minutes, tossing every 15 minutes or so. Veggies are ready when the sweet potatoes have become slightly crispy. If necessary to speed up this process towards the end of baking, you may turn on the broiler.
4. In a bowl, mix mustard, syrup, vinegar, olive oil, and salt to taste.
5. Place kale in a large bowl. When veggies are done roasting, remove from oven and add to the kale while still warm.
6. Add dressing and toss the salad. Serve warm, or let it sit for a few hours and serve at room temperature.

Desserts

The Best Brownies

A moist brownie baked with coconut oil, these are unlike your standard dessert. At Sewall House we like to make this one even richer with a scoop of local vanilla ice cream!

Adapted from Manda Phadke

Yield: 9 brownies

Total time: 45 min

Ingredients:

- Just under $\frac{1}{2}$ cup coconut oil (or substitute butter)
- 1 cup sugar
- 1 teaspoon vanilla extract
- 2 eggs
- $\frac{1}{2}$ cup flour (whole wheat, white, or a blend of your choice)
- $\frac{1}{3}$ cup cocoa powder
- $\frac{1}{4}$ tsp baking powder
- pinch of salt
- 1 tsp cinnamon (optional)
- $\frac{1}{4}$ - $\frac{1}{2}$ c chopped nuts (optional)

Directions:

1. Mix coconut oil, sugar, and vanilla in a medium-sized bowl until creamy.
2. Add eggs, mix in well.
3. Combine the flour, cocoa powder, baking powder, and cinnamon (if desired) in a separate bowl.
4. Dump the dry ingredients into the bowl of wet ingredients, mix it together.
5. Stir in nuts (if desired).
6. Bake for 20-25 minutes at 350 degrees in a square 9x9 inch pan, lined with parchment paper.

Chia Seed Fruit Pudding

This dish is refreshing and healthy for dessert, a snack, or even breakfast. The servings are pretty large, so for a smaller dessert allot less in each bowl, making up to 8 servings.

Adapted from foodbabe.com
Yield: 4 servings

Total time: 20 min
(plus time to chill)

Ingredients:

- 4 cups fruit, chopped (your choice)
- ½ cup dried fruit (rasins, dried cranberries, etc)
- ½ cup chia seeds
- 2 cups almond milk
- 1 orange, juiced and zested
- 1 tbsp vanilla extract
- ¼ tsp cinnamon
- 2 tbsp maple syrup
- ½ cup shredded coconut

Directions:

1. In four different single-serving bowls, divide the chopped fruit and dried fruit.
2. In a larger bowl, combine almond milk, chia seeds, orange juice, orange zest, vanilla, cinnamon, and maple syrup (more or less to taste).
3. Divide the mixture evenly into each of the four bowls by pouring it on top of the fruit.
4. Top each bowl with shredded coconut.
5. Refrigerate fruit bowls for several hours or overnight.
6. Serve chilled.

Double Chocolate Chip Cookies

These rich cookies are to die for! To store these cookies, make batter and roll into balls, then put in a freezer bag and freeze until you are ready to bake. When baking, it will take longer than the allotted time but will result in a crispy outside and deliciously chewy center. Try it!

Adapted from Sewall House Cookbook

Yield: 48 cookies

Total time: 2 hours

Ingredients:

- 2/3 cup cocoa powder
- 1 1/3 plus 1/4 cups flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp allspice (optional)
- 1 cup softened butter
- 2 cups organic brown sugar
- 2 tsp vanilla extract
- 2 large eggs
- 2 cups chocolate chips
- 1 cup chopped cashews

Directions:

1. Sift flour, baking soda, salt, allspice, and cocoa powder together in a bowl.
2. In a larger mixing bowl, mix butter and sugar until creamy. Add the egg and mix.
3. Add the dry mixture into the butter mixture and stir to incorporate completely.
4. Add chocolate chips and nuts, stir to combine.
5. Refrigerate for at least 1 hour.
6. Preheat oven to 375 degrees.
7. When ready to bake, place small-handful sized drops on a cookie sheet and bake for 11 minutes.

Macaroons

You can't go wrong with this simple and satisfying dessert. We brought some leftovers on our hike up Mount Katahdin, and they were the perfect little balls of sweetness at the top of the mountain!

Adapted from Sewall House Cookbook

Yield: 20 macaroons

Total time: 30 min

Ingredients:

- 3 $\frac{3}{4}$ cups unsweetened dried shredded coconut
- 3 large egg whites
- 1 cup brown sugar
- 1 $\frac{1}{2}$ tsp vanilla extract
- $\frac{1}{2}$ tsp nutmeg
- pinch of salt

Directions:

1. Preheat oven to 350 degrees.
2. Mix all ingredients in a large bowl.
3. Form a handful of batter into a firm round ball, do this with all of the batter and arrange balls on a baking sheet lined with parchment paper.
4. Bake for 20 minutes, until the tops are golden brown.
5. Let macaroons cool for several minutes before removing from the baking sheet and serving.

Oatmeal Raisin Cookies

These cookies turn out thick and chewy. I like to add a little extra spice to mine. In the recipe I mention cardamom and ginger, but nutmeg, cinnamon, and clove add a nice flavor also.

Adapted from smittenkitchen.com

Yield: 24 cookies

Total time: 2 hours

Ingredients:

- ½ cup butter, softened
- 2/3 cup brown sugar
- 1 large egg
- ½ tsp vanilla extract
- ¾ cup all purpose flour
- ½ tsp baking soda
- ½ teaspoon ground cardamom
- 1 teaspoon ginger powder
- ¼ tsp salt
- 1 ½ cups oats
- ¾ cup raisins
- ½ cup walnuts

Directions:

1. In a large bowl, cream butter, brown sugar, egg, and vanilla.
2. In a separate bowl, combine flour, baking soda, cardamom, ginger, and salt.
3. Stir the dry mixture into the butter mixture until fully mixed.
4. Stir in oats, raisins, and walnuts.
5. Chill dough for 1 hour or longer.
6. Preheat oven to 350 degrees.
7. Scoop cookies onto a parchment-lined baking sheet, bake for 10-12 minutes, until they are golden on the edges, and still a bit undercooked-looking on top.
8. Leave them on the baking sheet for 5 minutes, then transfer to a rack or plate to cool.

Pear Crisp

Although pears are my favorite in this recipe, apples can be substituted. This dish is great served warm, but also makes great leftovers.

Yield: 9 servings

Total time: 45 min

Ingredients:

- 6 medium pears, peeled and cubed
- ½ cup dried cranberries (optional)
- 1 ¼ cups oats
- ¾ cup brown sugar
- ¼ cup of white or whole wheat flour
- 1 tsp ground cardamom
- 1 tsp ginger powder
- ¼ tsp baking powder
- ¼ tsp salt
- ½ cup plus 1-2 tbsp coconut oil
- juice of 1 lime
- walnuts, chopped (optional)

Directions:

1. Preheat oven to 400 degrees.
2. Spread out chopped pears and dried cranberries (if desired) in an ungreased 9 x 9 baking pan, set aside.
3. Mix oats, brown sugar, flour, cardamom, ginger, baking powder, and salt together in a medium size bowl.
4. Add coconut oil and lime, mix to make a sticky, crumbly consistency.
5. Mix in walnuts if desired.
6. Spread the oat mixture over the pan of pears, spreading evenly.
7. Bake for 25-30 minutes, until the top is crispy and golden brown.

Appendix

Prepared Tofu

Total time: 50 min

Ingredients:

- Tofu, chopped into cubes
- Canola oil
- Soy sauce, or Bragg's liquid aminos

Directions:

1. Preheat oven to 400 degrees
2. To squeeze out excess juice, place tofu in a strainer with a plate on top, and then something heavy on top of that to weigh it down. Let it drain for 10-15 minutes.
3. Place tofu on a baking sheet, toss with oil and either soy sauce or Bragg's.
4. Bake for 30-40 minutes or so, tossing halfway. Tofu is finished when it is golden brown and has reached desired crispiness.
5. Add to any recipe calling for baked tofu, or enjoy as you wish!

Prepared Chickpeas

Total time: 8 hours

Ingredients:

- Dried chickpeas
- water

Directions:

1. Place chickpeas in a bowl, fill bowl with water
2. Let the chickpeas soak for at least 8 hours. Drain and use in recipes.
3. To sprout chickpeas, return them back to the bowl and let them sit on the counter. Rinse the chickpeas with water twice a day, or whenever they seem to dry out. Chickpeas will sprout within 2 days. You can let them grow until you are ready to use them.
4. Sprouting chickpeas (or any bean, grain, or legume for that matter!) increases its digestive abilities and unlocks micronutrients content.

Vegetable broth

Total time: 1 ½ hours

Ingredients: Any combination of:

- Onion
- Celery
- Carrots
- Vegetable stems
- Garlic
- Other fresh herbs

- Directions:
1. Chop veggies into large pieces and place in a large pot. The more veggies, the more flavorful the broth will be. Be sure to at least fill the bottom of the pot.
 2. Fill the pot with water. Bring it to a boil, and then lower the heat and allow the water to simmer for at least an hour. The vegetables should be very soft, and the broth fragrant.
 3. Remove vegetables before using, and store in the fridge.

Thanks for joining me

on this exciting cooking journey! I would love to hear any feedback that you have, so please be in contact (aphadkeo6@gmail.com). My next move will be to Jamaica—I can't even imagine what kind of cooking ideas will open up around that corner! If you'd like to know about my blog while I am in the Peace Corps there, let me know via email, or stay tuned to the Sewall House newsletter.

Sat Nam,

Asha Phadke