

THREE SEASONS AYURVEDA



Pitta Summer Salad

Cooling in nature & high in protein
Serves four

Ingredients

4oz. cooked quinoa
2 oz. asparagus or green beans
1 head lettuce (butter or romaine)
1 large tomato
1 avocado
1 large cucumber or 2 small (Persian)
2 tablespoons pumpkin seeds
*2 tablespoons dressing below or purchase the dressing of your choice

Quinoa

Ingredients

¼ cup of quinoa, either white, red, or black or a combination
1 cup of water
¼ teaspoon of salt

Procedure

1. Place 1 cup of water in a pot and add ¼ cup of quinoa to water, bring to a boil and simmer for 5 minutes, covered.
2. Turn off heat and let sit for 5 minutes to finish absorbing water.
3. Drain water out and let cool on a flat surface like a plate or cookie sheet.

Pumpkin Seeds, Toasted

Ingredients

2 tablespoons pumpkin seeds

Procedure

1. Place the pumpkin seeds on a cookie sheet or in a sauté pan and bake in the oven at 350 degrees until brown. Be careful not to burn; set a timer for 5-minute intervals.

***Tarragon Dressing**

Ingredients

2 shallots
1 tablespoon Dijon mustard
4 oz. olive oil
2 oz. lime juice
Honey to taste
1 tablespoon chopped tarragon
Salt
Pepper

Procedure

Dressing

1. Peel shallots, cut into even pieces (in quarters), place in a small pot, cover with oil, cover pot and bring to a simmer, cook until soft.
2. Drain the shallot and save the oil.
3. Place shallot and mustard in food processor or blender and make a paste.
4. Slowly add the drained oil from cooking the shallots, making an emulsification dressing. Be careful to add oil slowly so the dressing does not break
5. Add lime juice and honey to taste.
6. Add chopped tarragon to taste and season with salt and pepper.

Assemble the Salad

1. Place a pot of hot water on stove and blanch the green beans and/or asparagus in boiling water for 1 minute and then place them in cold water (you can use ice in water) to bring the vegetables back to room temperature. They should be partially cooked and a bit crunchy (al dente).
2. Clean outer unusable leaves off the butter lettuce head or top of romaine, dunk in cool water and drain leaves on paper towels.
3. Tear the lettuce into bite-size pieces.
4. Cut tomato into medium dice, set aside.
5. Cut cucumber into medium dice, set aside.
6. Cut the avocado into small pieces, toss in lime juice.
7. Have the quinoa handy.
8. Toss all the ingredients together with the dressing.

Note: Other protein sources that are considered cooling and Pitta-reducing would be egg whites, cottage and soft goat cheeses, white-meat turkey and chicken, and in the bean family garbanzo, kidney, lima, white, split yellow mung beans, and red lentils.