

SALADS for YOUR DOSHA

VATA Salads:

**Sweet & warm greens and roots with a soft quality (not too cold or crunchy).
Marinate your salads!**

Best Vata Salad

1/2 c. fennel, shredded
1 c. diced chard (stalk is fine)
1 c. yellow pepper
1 c. sunflower sprouts
1/4 c. fresh basil or dill chopped
1 tbsp. lemon juice
2 tbsp. olive oil
1 tsp. raw honey
salt and pepper to taste.
Mix the wet ingredients and pour over the veggies. Marinate for 2+ hours at room temperature before eating. Adjust seasonings to taste.

Zen Kale Salad (V-)

2 cups green kale
2 Tbl. sesame seeds
2 tsp sesame oil
1 tsp lemon juice
1/2 tsp sea salt
Combine kale and salt in a mixing bowl. Massage the salt into the kale. Let sit for 1-12 hours.
Rinse out salt, squeeze kale. Add remaining ingredients and toss.

Fennel, carrot & Jicama Salad (VPK-)

1/2 fennel bulb
1 large carrot
1 cut jicama
Cut all into thin strips. Add a light dressing of olive oil, lemon juice, salt and pepper

PITTA Salads:

**Colorful sweet & bitter greens, sweet & bitter roots, and sprouts.
Eat them raw, unsalted, unmarinated.**

Pitta Sprout Salad

1/2 c. lentil sprouts
1/2c. sunflower sprouts
1/2 c. alfalfa sprouts
1 c. lettuce or mixed greens
1/2 c. jicama
Toss ingredients and enjoy!
Squeeze fresh lime juice for dressing.

Simple Pitta Salad (P-)

1 c. sunflower sprouts
2 c. lettuce greens
1 c. grated golden beet
1/2 avocado, diced
Chop, toss with lime juice.

Green Bean Coconut Salad:

1/2 lb. green beans, slices in half, & in 1" pieces
juice of 1 lime
1 tbsp. melted coconut oil
2 tbsp. minced fresh dill or mint
salt to taste
Toss. Marinate at room temp. for 2 hrs.

Fennel and Apple Salad

1 fennel bulb
2 apples
Grate 1/2 of each ingredient. Thinly slice the other 1/2. Mix and enjoy.

KAPHA Salads:

Use mostly spicy, bitter greens and lots of sprouts to make zippy salads.

Simple Kapha Salad (K-)

1 bunch arugula
4 thinly sliced radishes
4 thinly sliced turnips
1/2 c. fenugreek sprouts

Daikon-Ginger Salad (K-)

1 daikon, grated
1/3 cup lemon juice
knob ginger, finely grated
dash or two of cayenne
Let the grated ginger marinate in lemon-cayenne juice for several hours.
Pour marinade over the daikon and serve.
(Daikon is unbalancing for P in large amounts.)

Mixed Greens and Sprout Salad (K-)

2 c. mixed greens
1/2 c. arugula
1/2 c. fenugreek sprouts
1/2 c. radish and onion sprouts
1/2 c. grated golden beet
2 tbsp. pumpkin seeds