

# HOLISTIC HIGHWAY



## KAPHA | Winter-Week 7

## MENU

### MONDAY | 1

Warm Shrimp and Escarole Salad

### TUESDAY | 2

Winter Abundance Bowl with  
Garlic Ginger Pumpkin Seed Sauce

### WEDNESDAY | 3

Simple Sesame Noodles

### THURSDAY | 4

Vibrant Green Coconut Curry

### FRIDAY | 5

One Pot Chickpea Shakshuka

## PREP

### MONDAY | 1

Rinse and tear escarole into large piece. Chop and quarter veggies. Squeeze 1 tablespoon lemon juice.

### TUESDAY | 2

Clean and soak the rice and lentils if desired. Squeeze 3 tablespoons lemon juice.

### WEDNESDAY | 3

Slice the green onions and mince garlic.

### THURSDAY | 4

Thaw spinach, mince ginger and garlic, dice shallots.

### FRIDAY | 5

Prepare veggies. Rinse and drain chickpeas.

## SHOPPING LIST

### MEAT & SEAFOOD

Shrimp | 3/4 pound

### VEGETABLES & FRUIT

Garlic | 1 bulb

Radishes | 4

Escarole | 1/2 head [5 cups]

Lemon | 2

Broccoli | 1 head

Sweet Potato | 1

Red Cabbage | 2 cups

Ginger | 1 inch

Green Onions | 2

Shallot | 2

Spinach | 4 ounces [frozen]

Red Bell Pepper | 1

### DAIRY

Unsalted Butter | 1/2 tablespoon

Parmesan Cheese | 1 1/2 tablespoon

### BAKERY & MISCELLANEOUS

Anchovy Filets | 1 [packed in oil]

Capers | 1 tablespoon

Brown Rice | 2/3 cup

Green Lentils | 1/3 cup

Pumpkin Seeds | 1 cup

Fluid Thin Noodles | 6 ounces

Light Coconut Milk | 2 cans [14 ounces]

Diced Tomatoes | 1 [14.5 ounce] can

Tomato Paste | 1 1/2 tablespoon

Chickpeas | 1 [15 ounce]

## PANTRY STAPLES

Olive Oil

Kosher Salt

Ground Pepper

Sea Salt

Cold Pressed Olive Oil

Apple Cider Vinegar

Cayenne Pepper

Soy Sauce

Sugar

Rice Vinegar

Pure Sesame Oil

Hot Chili Oil

Canola Oil

Coconut, Avocado, or Grapeseed Oil

Ginger [minced]

Curry Powder

Coconut Sugar or Maple Syrup

Sea Salt

Cornstarch or Arrowroot Starch [optional]

Smoked or Sweet Paprika

Cumin

Chili Powder

Cinnamon

Cardamom

Coriander



## WARM SHRIMP & ESCAROLE SALAD FOR MONDAY

### WHY WE CHOSE THIS MEAL FOR YOU!

**Eastern View:** Escarole is bitter and the bitter taste is first experienced in the mouth and is said to overpower or correct all the other tastes. This makes the bitter taste one of our best sources of medicine. When we say that bitter corrects the other tastes, we are saying that bitter corrects the effects of over-doing the other tastes. For example, if you have been overindulging in sweets you may be feeling a bit heavy, dull and slow. You can lay off the sweets and take some bitter herbs instead to clean out.

**Escarole** is strongly anti-bacterial, anti-viral and anti-parasitical due to its strong drying effect. And bitter greens have the quality of reducing environmental toxins as well. The bitter taste “increases intelligence,” and due to its clearing qualities, can help reduce brain fog and sluggishness which Kaphas are prone to. Most of the herbs used to support mental function have a strong bitter component.

**Shrimp** What if there was a special substance in the body that governed aging, immunity, radiant skin, vigor, mood, sleep, digestion, spirituality, and physical

strength? According to Ayurveda, there is. This substance is called *ojas*. In Sanskrit, *ojas* means health and vitality, it means “vigor” and “immunity”. Shrimp is one of the better *ojas* producing foods.

**Western View:** Escarole is a powerhouse of nutrition. Each 1-cup serving is rich in dietary fiber, vitamins, minerals and antioxidant compounds. To get the maximum health benefits, the **Centers for Disease Control and Prevention** advises eating dark, leafy green vegetables, such as escarole, regularly. A 2009 review of nutrition research published in “**Nutrition Reviews**” suggest that high inulin and fiber content in escarole help reduce glucose and LDL-cholesterol levels in diabetes and obese patients all Kaphas tendencies.

According to **The American Institute for Cancer Research**, dark green, leafy vegetables such as escarole contain a high concentration of a variety of carotenoid compounds. These act as antioxidants by inhibiting the ability of free radicals to damage DNA. These carotenoids help prevent the development of Kapha type tumors like stomach, lung, colon, skin and breast cancer.

**Shrimp:** At only 7 calories per shrimp, we can eat a relatively large amount of this shellfish without using up too many of our daily calories. This very low calorie cost would not be so remarkable if it were not for the fact that shrimp provides us with significant amounts of so many nutrients.

We usually have to eat foods with a far greater calorie content to get the nutrient richness provided by shrimp. For example, 20 shrimp that provide us with about 140 calories also provide us with 25 grams of protein or 50% of the Daily Value (DV). They also provide nearly 2 micrograms of vitamin B12—over 80% of the Dietary Reference Intake (DRI) level for adults.

When this nutrient richness list for shrimp is continued across the list of other vitamins and minerals provided by this fish, it becomes striking how much nourishment can be provided by shrimp for less than 10% of a total day's calories.

### PREPARE AHEAD

Rinse and tear escarole into large pieces. Chop and quarter veggies. Squeeze 1/2 tablespoon lemon juice.

### INGREDIENTS

1 tablespoons olive oil  
1/2 tablespoon unsalted butter  
1 anchovy fillets packed in oil, drained  
1 large garlic clove, finely chopped  
1 tablespoon drained capers, chopped  
4 radishes, trimmed, quartered  
3/4 pound large shrimp, peeled, deveined  
1/2 head of escarole, torn into large pieces (about 5 cups)  
1 1/2 tablespoons finely grated parmesan  
1/2 tablespoon fresh lemon juice  
Kosher salt, freshly ground pepper

Serves: 2

Prep Time: 10 minutes

Cook Time: 15 minutes

### NOTE

Hearty escarole maintains its volume when cooked, which makes it great choice for a quick saute' with shrimp. Serve with cracked pepper crackers.

### DIRECTIONS

Heat oil and butter in a large skillet over medium heat. Add anchovies and cook, mashing with the back of a spoon, until anchovies dissolve and a paste forms, about 3 minutes. Add garlic and capers; cook, stirring constantly until garlic is fragrant but not brown, about 1 minute.

Increase heat to medium-high. Add radishes and cook, tossing often, until crisp-tender, about 3 minutes. Add shrimp - tossing occasionally, until just cooked through, about 4 minutes.

Add half of escarole and toss until it begins to wilt, about 1 minute. Add remaining escarole and toss until wilted, about 1 minute more. Remove from heat.

Add parmesan and lemon juice. Season with salt and pepper; toss to combine.

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### IF YOU ARE SHARING WITH A:

**Pitta** | Your Pitta friends will need a cooling yogurt raita on the side. Add a tablespoon dried mint to one cup of plain yogurt. Season to taste.

**Vata** | Add a warm whole wheat roll and ghee for your Vata guests.

**Vata/Pitta** | Perfect as is - just add a whole wheat roll and ghee.

**Vata/Kapha** | If your Vata/Kapha friend is a little down - add 1/2 teaspoon cayenne pepper to lift that heaviness.

**Pitta/Kapha** | This meal may be a little heating for anyone with high Pitta. Add a cooling yogurt dip to the table.





## WINTER ABUNDANCE BOWL FOR TUESDAY

### WHY WE CHOSE THIS MEAL FOR YOU!

**Eastern View:** White rice (and even brown) are getting a bad rap, especially with the popularity of the Paleo diet.

There are a few foods that Ayurveda has established as good for everyone, year round, and rice is number one on the list. A grain of brown rice is encapsulated by the bran. This outer shell is full of fiber, B vitamins, and trace minerals. When the bran is removed through milling the rice is white. White rice inevitably has less fiber than brown, but it still has nutritional value and provides protein and energy. And since its outer shell has been removed it is much easier to digest.

For this reason white rice is recommended when digestive ability is low. For Kaphas who have a more robust digestion - brown rice is the way to go.

**Sweet Potatoes** are unique among comfort foods for its Kapha pacifying lightness. This tuber is beneficial even for those with heavy digestive symptoms. Unlike dairy products, potatoes, and other common comfort foods like pasta, sweet potatoes feel light in the stomach, while still being nourishing. Besides simple starches, sweet potatoes are rich in complex

carbohydrates, which means these roots can satisfy the appetite for long stretches. Despite the name "sweet," it may be a beneficial food for diabetics as preliminary studies revealed it helps to stabilize blood sugar levels - all common Kapha problems.

**Western View:** Rice is primarily composed of carbs which are mainly in the form of starch. Starch is the most common form of carbohydrates in foods, made up of long chains of glucose known as amylose and amylopectin. Rice that is high in amylose, does not stick together after cooking, and amylose also slows down the digestion of starch and is often associated with so-called resistant starch, a type of healthy fiber. That means for Kaphas, who have a tendency towards sluggish digestion longer periods of feeling full.

Resistant starch helps feed the beneficial bacteria in the gut, stimulating their growth and in the colon, resistant starch leads to the formation of short-chain fatty acids, such as butyrate, which may improve colon health and cut the risk of colon cancer says a study by the [British Journal of Nutrition](#).

**Sweet Potatoes** may be one of nature's unsurpassed sources of beta-carotene. Several recent studies have shown the ability of sweet potatoes to raise our blood levels of vitamin A. In several studies sweet potatoes were found to contain between 100-1,600 micrograms (RAE) of vitamin A in every 3.5 ounces—enough, on average to meet over 90% of vitamin A needs (from this single food alone).

Sweet potatoes are not always orange-fleshed on the inside but can also be a spectacular purple color. Scientists have now identified the exact genes in sweet potatoes that get activated to produce the purple anthocyanin pigments. The anthocyanins—primarily peonidins and cyanidins—have important antioxidant properties (great for Kaphas) and anti-inflammatory properties. Particularly when passing through our digestive tract, they may be able to lower the potential health risk posed by heavy metals and free radicals.

### PREPARE AHEAD

Clean and soak the rice and lentils if desired.  
Make up the sauce.

### INGREDIENTS

2/3 cup brown rice  
1/3 cup green lentils  
1/4 - 1/2 teaspoon sea salt  
1 head broccoli  
1 medium sweet potato  
(leave the skin on if it's organic!)  
2 cups shredded red cabbage  
juice of 1/2 lemon or lime  
drizzle of cold-pressed olive oil or ghee

Serves: 2

Prep Time: 20 minutes

Cook Time: 1 hour

### DIRECTIONS

Combine rice and lentils in a medium bowl, wash well till water is clear. Cover with water again and soak for up to 8 hours, if possible. Drain and rinse.

In a medium saucepan place the rice and lentils, plus 1 1/2 cups water (if soaked – add 2 cups water if un-soaked), and sea salt. Bring to a boil, reduce to simmer and cook covered until water has been absorbed and rice and lentils are cooked through (about 30-45 minutes depending on if you soaked the grain or not).

While the rice and lentils are cooking, chop the broccoli into florets and the sweet potato into bite-sized cubes. About ten minutes before the grains have cooked (check the water level before adding veggies – if it's dry, add a little more liquid), add the sweet potato. After five minutes, add the broccoli on top of the sweet potato.

While the rice and lentils are cooking you can also blend together the sauce (next page) and prepare the cabbage: Shred cabbage using a mandoline or sharp knife. Toss with a squeeze of lemon or lime juice, a drizzle of olive oil, and some salt. Toss to combine.

To assemble the bowl, simply spoon in the cooked rice and lentils with the steamed veggies, add the cabbage on the side and pour sauce over. Give thanks for the abundance and enjoy.

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### IF YOU ARE SHARING WITH A:

**Pitta** | Your Pitta friends will love this meal!

**Vata** | Vatas should have the cabbage cooked as it is hard for Vatas to digest raw vegetables.

**Vata/Pitta** | A great dish for Vata/Pittas - go for seconds!

**Vata/Kapha** | Add just a pinch of pepper flakes to the cooking process to make this lighter for your Kaphas.

**Pitta/Kapha** | Perfect as is! Enjoy!



## GARLIC GINGER PUMPKIN SEED SAUCE FOR TUESDAY

### PREPARE AHEAD

Squeeze 3 tablespoons lemon juice.

### INGREDIENTS

1 cup pumpkin seeds  
3 cloves garlic  
knob of fresh ginger  
1 tablespoon maple syrup  
3 tablespoons olive oil  
1 tablespoon apple cider vinegar  
3 tablespoons lemon juice  
3/4 - 1 cup water  
3/4 teaspoon fine grain sea salt  
1/4 teaspoon cracked black pepper  
cayenne pepper to taste

Makes 2 cups

Prep Time: 3 minutes

Cook Time: 5 minutes

### DIRECTIONS

In a dry skillet over medium heat, toast pumpkin seeds, stirring every so often, until they begin to pop. Remove from heat and set aside to cool.

In a food processor, pulse to mince garlic and ginger. Add cooled pumpkin seeds and blend on high until sand-textured.

Add remaining ingredients (start with 3/4 cup water) and blend, scraping down the sides periodically. Add remaining water as needed to suit your desired consistency.

Season to taste. Store in an airtight glass container in the refrigerator for up to five days.

### NOTE

When this sauce is poured over the Winter Abundance Bowl, it's the kind of healthy, hearty dish that is doable for every kind of person, especially those that are hungry, busy, and still care about what they eat. What a perfect meal for all of us!!

Ginger is used so widely in ayurveda that it is an entire medicine chest in itself. There is an ayurvedic sutra (verse) that says that everyone should eat fresh ginger just before lunch and dinner to enhance digestion. Not only does ginger stoke the digestive fire, but it also whets the appetite, improves assimilation and transportation of nutrients to targeted body tissues, and clears the microcirculatory channels of the body.





## SIMPLE SESAME NOODLES FOR WEDNESDAY

### WHY WE CHOSE THIS MEAL FOR YOU!

**Eastern View:** The sesame seed, *Sesamum indicum*, is a tiny gem that packs a mighty punch. Each sesame seed is protected by an outer shell that naturally opens when the seed ripens (giving rise to the phrase “Open Sesame”). Sesame seed contain a good bit of dietary fiber, supporting a healthy colon. Sesame oil has been used to support numerous healthy systems in the body, including the nervous system, bones and muscles, skin and hair, the digestive tract including the colon, and the male and female reproductive system.

The sesame seed, from an Ayurvedic perspective, is sweet, pungent, astringent, and bitter, and has a heating effect. Its greatest benefit is in balancing vata but its heating nature is also really good for kaphas. It grows in a dry climate, and in turn, is beneficial when drying is needed. Kaphas often have congestion this time of year - sesame helps dry that congestion.

Nourishing, calming, and warming, sesame oil is a fundamental part of Ayurveda. Sesame oil is highly beneficial for the entire system from head to toe. Ayurveda suggests the daily use of this oil and is said

to heal and cleanse internal and external wounds, as well as improve the power of digestion and metabolism, and enhancing intelligence.

**Western View:** Sesame seed oils are heart-healthy choices that supply unsaturated fats as well as certain nutrients. Unsaturated fats benefit Kaphas who have a tendency towards heart disease.

Sesame oil is rich in vitamin E (potent antioxidant), iron, omega-6 fatty acids, vitamin B6, magnesium, calcium, zinc, copper, dietary fiber and flavonoids phenolic antioxidants.

Kaphas often have good skin, but the presence of vitamin E and zinc in this oil helps in augmenting the elasticity of the skin; repairs damaged skin cells and promote the production of collagen.

All these enriching nutrients make sesame oil as a powerful antioxidant with antibacterial, antifungal, anti-inflammatory, antiviral, immune-stimulant, restorative, anti-rheumatic, carminative, tonic, anti-diabetic, anti-atherogenic, cardiac, dermatologic, laxative, emollient, warming and anti-depressant properties. This time of year, Kaphas are often sluggish and depressed so sesame oil with its warming, uplifting antidepressant qualities can help.

Sesame oil can fight off free radicals. Free radicals cause damage to our DNA, cells and proteins. This kind of damage can lead to diseases like Alzheimer's and Parkinson's and cancer. Certain substances like alcohol, tobacco smoke, pesticides, air pollutants and the food we eat generate free radicals. It's important we eat a diet rich in antioxidants, to fight free radical damage and reduce oxidative stress for all doshas including Kaphas.

Studies are showing that sesame oil could be useful for combating arthritis, cancer progression, (a Kapha imbalance), nerve injuries and inflammation.

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### PREPARE AHEAD

Slice the green onions and mince garlic.

### INGREDIENTS

6 ounces, fluid thin noodles, cooked and drained  
4 tablespoons soy sauce  
1 tablespoon sugar  
2 cloves garlic, minced  
1 tablespoon rice vinegar  
1 1/2 tablespoons pure sesame oil  
1/4 teaspoon hot chili oil  
2 tablespoons canola oil  
2 whole green onions, sliced thin

Serves: 2

Prep Time: 10 minutes

Cook Time: 10 minutes

### NOTE

This dish is simple and often, simple is best. There are so many wonderful, inherently delicious flavors in the most simple ingredients. You don't always have to a long list of ingredients and a complicated set of instructions to make something utterly delicious. Sesame noodles fall under that umbrella.

### DIRECTIONS

Whisk all ingredients (except the noodles and the green onions) together in a bowl. Taste and adjust the ingredients as needed.

Pour the sauce over the warm noodles and toss to coat.

Sprinkle with the green onions and toss.

Serve in a bowl with chopsticks. Yummy!

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### IF YOU ARE SHARING WITH A:

**Pitta** | Your Pitta friends may need you to reduce the garlic and chili oil. However, you can also add a cooling bunch of cilantro or mint to this dish; that way you will not fire them up.

**Vata** | A super dish for Vatas, they can add a teaspoon ghee for a more grounding effect.

**Vata/Pitta** | As this meal is a little heating, garnish heavily with cilantro or mint.

**Vata/Kapha** | Vata/Kapha guests will enjoy this meal, allow them a little more chili oil for this time of year.

**Pitta/Kapha** | I hope you made enough, they will be asking for more!



## VIBRANT COCONUT GREEN CURRY FOR THURSDAY

### WHY WE CHOSE THIS MEAL FOR YOU!

**Eastern View:** Coconut has the following qualities...Sweet, cooling, and heavy. Balancing these qualities with the digestive spices of curry powder and ginger - and it's a good meal for Kaphas in winter.

Coconut is a highly regarded food in Ayurveda. It is predominant in the sweet taste, has a cooling effect on the body and also a sweet post-digestive effect. Although it is relatively heavy and difficult to digest, it is useful in small amounts to nourish and invigorate the body and promote contentment and satisfaction in the mind - due to its sweet taste.

Ayurveda considers coconut a natural stress-buster. And in this dish the coconut combined with spices like cinnamon, cardamom, ginger, cloves, cumin, coriander, and turmeric, (typically found in curry powder) - coconut is not only delicious and versatile, but also heals the digestive system and promotes better metabolism. Kaphas who tend to have a sluggish metabolism in winter can benefit greatly from some coconut.

**Western View:** From a Western perspective, coconut is a gluten-free, alkaline food high in saturated fat and

fibre. It also contains protein and some important minerals - calcium, iron, potassium and magnesium. Due to its high fat content it is low GI and will decrease the overall GI of any meal when added. Great for combating that Kapha high blood sugar levels

Obesity is currently one of the biggest health problems in the world. While some people think obesity is only a matter of calories, others (myself included) believe that the sources of those calories are important too.

[The American Journal of Clinical Nutrition](#) states that the medium-chain triglycerides (MCTs) in coconut oil can increase how many calories you burn compared to the same amount of other fats, that makes it a phenomenal food for Kaphas. [The European Journal of Clinical Nutrition](#) reports on one study that found that 15-30 grams of MCTs per day increased 24 hour energy expenditure by 5%, totalling about 120 calories per day.

Almost 50% of the fatty acids in coconut oil is the 12-carbon Lauric Acid. When lauric acid is digested, it forms a substance called monolaurin.

[The Journal Antimicrobial Agents and Chemotherapy](#) show that both lauric acid and monolaurin can kill harmful pathogens like bacteria, viruses and fungi.

For example, these substances have been shown to kill the bacteria *Staphylococcus Aureus* (a very dangerous pathogen) and the yeast *Candida Albicans*, a common source of yeast infections in humans that Kaphas are often plagued with.

**Bottom Line:** The fatty acids and breakdown products in coconut can kill harmful pathogens, potentially helping to prevent infections.

### PREPARE AHEAD

Thaw spinach, mince ginger and garlic, dice shallots.

### INGREDIENTS

1 tablespoon coconut oil  
2 cloves garlic, minced (2 tablespoons)  
1 shallot, diced  
1/2 tablespoon minced ginger  
1/2 tablespoon curry powder, plus more to taste  
4 ounces frozen spinach (3/4 cup, slightly thawed)  
1 1/3 cup light coconut milk (most of a 14-ounce can)  
1/2 tablespoon coconut sugar, plus more to taste  
(or sub stevia or maple syrup to taste)  
Sea salt to taste (1/4 teaspoon)  
optional: 1-2 tablespoons cornstarch or arrowroot starch (to thicken)

Serves: 2

Prep Time: 30 minutes

Cook Time: 10 minutes

### NOTE

Serve with basmati rice for the ultimate, satisfying plant based meal!

### DIRECTIONS

Heat a large, rimmed skillet or pot over medium heat. Once hot, add oil, garlic, shallot, and ginger. Cook for 3-4 minutes, stirring frequently until softened and slightly browned. Add curry powder and frozen spinach and cook for 3-4 minutes, stirring occasionally. Add coconut milk, coconut sugar, and sea salt (about 1/8 teaspoon to start).

Simmer about 4 minutes. Remove from heat and carefully transfer the curry to a high-speed blender (or use an immersion blender). Blend on high - you can add some cornstarch or arrowroot starch to thicken and blend once more to fully combine. This is optional but does provide the sauce with more thickness/body.

While still in the blender, taste and adjust flavors as needed. Transfer curry back to the skillet or pot and heat over medium heat until bubbling. Reduce heat to low and cook until slightly thickened - about 5-10 minutes.

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### IF YOU ARE SHARING WITH A:

**Pitta** | Add a mint yogurt (see Vata/Pitta below) and toasted coconut as a garnish.

**Vata** | A good meal for Vatas for this time of year. No modifications are needed.

**Vata/Pitta** | Your Vata/Pitta guests may like a mint yogurt added to this meal. Just add a teaspoon dried mint to 1 cup yogurt and mix well with salt and pepper to taste.

**Vata/Kapha** | Great meal for them - expect to serve seconds!

**Pitta/Kapha** | Even though this curry is heating, the coconut reduces the digestive heat to the point of enjoyment!





## ONE POT CHICKPEA SHAKSHUKA FOR FRIDAY

### WHY WE CHOSE THIS MEAL FOR YOU!

**Eastern View:** Garbanzo beans, also called chickpeas and may be better known when made into hummus, have been the mainstay of the Mediterranean and Indian diets for thousands of years. Only recently have the health benefits been more fully understood.

Garbanzo beans are one of the most common beans in Ayurveda because they are easy to digest compared to other beans.

Most beans have a very hard shell composed of hard-to-digest anti-nutrients that require soaking, par-boiling, slow cooking and a good, strong digestive system.

Ayurveda always puts a strong emphasis on foods that are easy to digest and good for the intestines. The two top, easy-to-digest beans are garbanzo beans and split yellow mung beans, which we use in our Cleanses either alone or in the Ayurvedic superfood, kitchari.

**Western View:** As with all beans, chickpeas are LOADED with fiber and high in protein – but garbanzo beans have some special nutrients on board such as quercetin, which supports healthy circulation and immunity, and chlorogenic acid, which is the antioxidant that has made coffee famous. They are also rich in vitamins like folate, riboflavin, niacin, thiamin and beta-carotene and minerals such as magnesium, potassium and manganese. They are an excellent source of health-promoting fatty acids like linoleic and oleic acids, which are the main ingredients in olive oil.

Garbanzo beans are rich in both soluble and insoluble fiber. Insoluble fiber acts as roughage to scrub the intestines - much needed by Kaphas slow digestion - and support healthy and efficient bowel function while feeding beneficial microbes. [The Journal Nutrients](#) reports that the soluble fiber, makes the garbanzo bean a bit slimy and allows it to attach to bile acids in the intestines and escort the bile, cholesterol, which tends to accumulate in Kaphas, and toxins attached to the bile to the toilet.

Garbanzo beans are also rich in resistant starches like oligosaccharides and amylose, which are sugars that are not digested into the small intestine and are delivered to the large intestines where they can feed the good gut bacteria. These naturally-occurring resistant starches in chickpeas are great for Kaphas because they have been shown to help stabilize blood sugar levels.

[The British Medical Journal](#) reported on one study where a group of volunteers were split off into three groups: a high-fat diet, a low-fat diet and a high-fat diet with garbanzo beans. The group that ate a high-fat diet along with garbanzo beans saw a 15 percent reduction in cholesterol and a significant increase of bile acids (which carry toxins and bad cholesterol) in the stool. The garbanzo-eating group outperformed both the high- and low-fat diet groups. Important for Kaphas who are often dieting to reduce weight. Garbanzo beans are your friend! Finally, garbanzo beans are a low-glycemic food which supports healthy blood sugar levels.



### PREPARE AHEAD

Prepare veggies. Rinse and drain chickpeas.

### INGREDIENTS

1 tablespoon olive or avocado oil  
1/4 cup diced white onion or shallot  
1/4 red bell pepper, chopped  
2 cloves garlic, minced  
1 14.5 ounce can diced tomatoes  
1 1/2 tablespoons tomato paste  
1/2 tablespoon coconut sugar or maple syrup  
Sea salt to taste  
1 teaspoon smoked or sweet paprika  
1/2 teaspoon ground cumin  
1 teaspoon chili powder  
1/8 teaspoon ground cinnamon  
optional: dash of cayenne pepper  
optional: dash each of cardamom and coriander  
optional: 1 15-ounce cans chickpeas, rinsed and drained

Serves: 2

Prep Time: 10 minutes

Cook Time: 30 minutes

### NOTE

Savory, flavorful shakshuka with chickpeas made in 1 pot in 30 minutes! A hearty yet healthy dish suitable for breakfast, lunch or dinner.

### DIRECTIONS

Heat a large rimmed metal or cast iron skillet over medium heat. Once hot, add olive oil, onion, bell pepper and garlic. Sauté for 4-5 minutes, stirring frequently, until soft and fragrant.

Add diced tomatoes, tomato paste, coconut sugar, sea salt, paprika, cumin, chili powder, cinnamon, cayenne pepper (optional), and cardamom and coriander (optional). Stir to combine.

Bring to a simmer over medium heat and cook for 2-3 minutes, stirring frequently. If you're OK with a chunkier texture, leave as is. Or, scoop 3/4 of the sauce in the blender and blend until smooth for a creamier result! Add chickpeas and olives (optional). Stir to combine, then reduce heat to medium-low and simmer for 15-20 minutes to allow the flavors to develop and marry with the beans.

Taste and adjust seasonings as needed and serve over basmati rice.

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### IF YOU ARE SHARING WITH A:

**Pitta** | Pittas should eat this meal sparingly. Add cumin and coriander. Take out the pepper, tomato paste and paprika. Add a cilantro garnish and a cooling yogurt dip.

**Vata** | No need for modifications for Vata - serve with basmati rice.

**Vata/Pitta** | Add the cumin and coriander digestive spices, and add cilantro as a garnish.

**Vata/Kapha** | Removing the olives would be best.

**Pitta/Kapha** | No olives for your Kapha friends - but increase those heating spices like paprika, and cayenne.