



PITTA | Winter-Week 7

MENU

MONDAY | 1

Warm Shrimp and Escarole Salad

TUESDAY | 2

Winter Abundance Bowl with
Garlic Ginger Pumpkin Seed Sauce

WEDNESDAY | 3

Vegetable Korma Curry

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 and chop vegetables. Cook basmati rice.

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

Potato | 1 small

Radishes | 4

Escarole | 1/2 head [5 cups]

Lemon | 2

Fennel | 1 bulb

Broccoli | 1 head

Sweet Potato | 1

Red Cabbage | 2 cups

Ginger | 1 inch

Shallot | 2

Spinach | 4 ounces [frozen]

Red Bell Pepper | 1

Zucchini | 2

Leek | 1

Dates | 1

Cilantro | 1 bunch

DAIRY

Unsalted Butter | 1/2 tablespoon

Parmesan Cheese | 1 1/2 tablespoon

Organic Plain Yogurt | 1 small tub

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

Light Coconut Milk | 2 cans [14 ounces]

Diced Tomatoes | 1 [14.5 ounce] can

Tomato Paste | 1 1/2 tablespoon

Chickpeas | 1 [15 ounce]

Almonds | 1 cup

Basmati Rice | 1 small bag

Chickpea Flour | 1 small bag

PANTRY STAPLES

Olive Oil

Kosher Salt

Ground Pepper

Sea Salt

Cold Pressed Olive Oil

Apple Cider Vinegar

Cayenne Pepper

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

Vegetable Stock

Ghee

Hing

Mint Dried and/or Fresh



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.

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 balances Pitta because it is primarily composed of the air and ether elements and it is extremely cold and dry - that means it's cold quality alleviates thirst, reduces fevers, and helps to clear excess heat and inflammation. It also dries the tissues and counters excess oiliness, which Pittas are prone to having.

The bitter taste cleanses and purifies the blood and the liver – important pitta sites, as well as benefits the skin and relieves common pitta imbalances such as burning, itching, or swelling.

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. 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. Even though you may not have a tendency towards weight gain - you can have a tendency towards unstable blood sugar.

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 cancers like stomach, (A Pitta disorder), lung, colon, skin (another Pitta tendency), 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. 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). Pittas of all the doshas do need their protein to function well. They also provide over 80% of the Dietary Reference Intake 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

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. Serve with a cooling yogurt raita; add a tablespoon dried or fresh mint to one cup

of plain yogurt. Mix well and season to taste.

IF YOU ARE SHARING WITH A:

Vata | Your Vata friends will love the sweetness of the shrimp which counteracts the bitterness of the escarole. Add a whole wheat roll and ghee.

Kapha | Add 1/2 teaspoon cayenne pepper to the mix with some cracked pepper crackers.

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.

NOTE

Hearty escarole maintains its volume when cooked, which makes it great choice for a quick saute' with shrimp. Serve with warm bread and ghee.



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. However Pittas normally have a robust digestive system, so brown rice is great for you. Rice is also a sattvic food meaning it helps produce 'ojas' which is Sanskrit for vitality and immunity. Vatas are prone to ojas depletion which is why basmati rice is a great staple in their diet.

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. Sweet potato is rich in beta-carotene, a Pitta pacifying precursor to vitamin A.

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, such as basmati rice, 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.

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](#). With good gut health comes a reduction in hyperacidity that many Pittas experience.

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, a precursor to good eye health for Pittas. 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, these have important antioxidant properties and anti-inflammatory properties which help reduce the inflammation so typically found in Pittas.

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 potato. Saute cabbage in olive oil and salt, toss with lemon juice.

While the rice and lentils are cooking, blend the sauce (next page).

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

IF YOU ARE SHARING WITH A:

Vata | They would do better with basmati rice rather than brown rice, the brown rice can be difficult to digest and cause gas and bloating.

Kapha | Kaphas like the rice and lentils - they may need 1/2 teaspoon pepper flakes in their abundance bowl.

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.



VEGETABLE KORMA CURRY FOR WEDNESDAY

WHY WE CHOSE THIS MEAL FOR YOU!

Eastern View: Fennel, which means a hundred flowers. It has a long historical use in this ancient healing methodology in the treatment of cold, indigestion, gas, flatulence, PMS, low agni, abscesses, overindulgence in nicotine or alcohol, cramps, colic in children and menstrual problems. As Pittas can indulge in alcohol a little too much, fennel helps reduce that craving.

Fennel may be used to decrease all three doshas: Vata, Pitta, and Kapha and because its qualities are sweet, slightly astringent, and bitter, it is cooling and sweet which helps reduce the heat of inflammation in Pittas. Fennel is used as a digestive tonic, a mild laxative, and a diuretic. It also helps remove toxins from the body.

Fennel is extremely good for digestion in Pittas as it is particularly good for enhancing agni, the digestive fire, without aggravating Pitta. Fennel is one of the best accepted carminatives that helps in expelling gas accumulated in the intestines and prevents the formation of gas thus protecting you from bloating

and abdominal cramps due to gas. It is for this reason fennel is traditionally used in the preparation of gripe water to treat colic in infants and to prevent ulcers and acidity or heartburn in adults.

Unlike many other spices, fennel has a unique cooling effect that pacifies the intestines and muscles of the stomach and helps in curing stomach ulcers. Thus fennel is used for treating indigestion, gastroenteritis, stomach upset, flatulence and hernias - all high Pitta disorders.

Western View: Historically, fennel has been utilized for treating indigestion, constipation, respiratory issues, eye problems, colic, menstrual disorders, anemia, diarrhea and flatulence. As Pittas are extremely prone to indigestion, eye problems and colic, fennel with its variety of antioxidants, vitamins, minerals, and dietary fiber can help reduce these symptoms.

Fennel is a good source of vitamins B-3 & C, potassium, magnesium, manganese, and iron. 100 grams of fennel seeds provide almost 40 grams of dietary fiber.

The fibers which are found in fennel seeds remove toxins as well as cancerous substances from the intestines. As the small intestines is the seat of Pitta, it is often here that problems start. Dietary fibers bind to bile salts (which are produced from cholesterol) and this decreases their re-absorption in the colon, thus leading to lower LDL (the "lousy") cholesterol levels. Along with flavonoid antioxidants, the fiber from fennel protects the colon mucus membrane from cancer.

Fennel seeds contain phytoestrogens and phytonutrients such as flavonoids, carotenoids, camphene, and anethole. The phytonutrients found in fennel include the flavonoids rutin, quercitin, and various kaempferol glycosides – which provide powerful antioxidant actions. The anethole in fennel has been shown in studies to reduce inflammation and to prevent the occurrence of cancer. Pittas are especially prone to inflammation - so any foods that reduce inflammation should be part of a Pittas diet.

PREPARE AHEAD

Slice and chop vegetables. Cook rice.

INGREDIENTS

2 cups vegetable stock
1 small potato, cubed
1 fennel bulb, cubed
½ cup zucchini, chopped
¾ cups broccoli florets
9 almonds
2 tablespoons ghee
1 tablespoon curry powder
2 tablespoons finely chopped leek
1 teaspoon chickpea flour
¼ teaspoon hing
1 date, chopped
¼ cup coconut milk
2 tablespoons finely chopped cilantro
2 tablespoons organic plain yogurt
Salt and pepper to taste
2 cups basmati rice

Serves: 2

Prep Time: 10 minutes

Cook Time: 10 minutes

DIRECTIONS

Bring stock to a boil in a saucepan over high heat. Add the potato, fennel, zucchini, and broccoli. Reduce heat and simmer till the vegetables are tender- about 10 minutes. Drain the veggies, reserving the liquid. Using a coffee grinder, grind the almonds into a fine powder.

Cook the basmati rice according to directions on the package.

In the pan, heat the ghee. Add the curry powder and cook, stirring until fragrant, about 3 minutes. Add the ground almonds and leek and cook, stirring occasionally, for 3-4 minutes. Stir in the chickpea flour and hing and

cook 2- minutes more. Pour in the reserved cooking liquid, chopped date and coconut milk.

Whisk until smooth and simmer for 2-3 minutes. Stir in the cilantro, yogurt, salt, and pepper. Add the vegetables, stir to coat them with the sauce, and serve immediately.

Serve with basmati rice

IF YOU ARE SHARING WITH A:

Vata | A wonderful dish for Vatas too. They may need a chapati or naan bread and ghee added to this meal.

Kapha | A super dish for Kaphas but, for a dairy free version (which is better for Kapha congestion) omit the yogurt and add 1-2 tablespoons cashew butter.

Vata/Pitta | Your Vata/Pitta guests will love this meal just as it is.

Vata/Kapha | Vata/Kapha guests will enjoy this meal. It is a great tri-doshic meal.

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

NOTE

One of my personal favorites, Korma is a quick-to-make mild curry. The rich sauce is exquisitely creamy and characterized by flavors of coconut, yogurt, almonds, and spices.



VIBRANT COCONUT GREEN CURRY FOR THURSDAY

WHY WE CHOSE THIS MEAL FOR YOU!

Eastern View: Coconut has the following qualities...sweet, cooling, heavy and it balances Vata and Pitta, and increases Kapha in excess.

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. It balances pitta and vata and 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.

Coconut is grounding and it's also great at cooling and pacifying Pitta! 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.

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. Especially important to Pitta's who can run into unstable blood sugar levels when stressed.

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. [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. All the doshas can benefit from this!

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.

Bottom Line: The fatty acids and breakdown products in coconut can kill harmful pathogens, potentially helping to prevent inflammation. Pittas with their tendency to increase inflammation - need an anti-inflammatory diet.

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

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.

Serve with basmati rice and a cooling mint yogurt. Add 1 tablespoon fresh mint to 1 cup yogurt, season to taste.

IF YOU ARE SHARING WITH A:

Vata | Terrific meal for your vata friends, just add the rice and ghee.

Kapha | The heat of a curry can clear that kapha sluggishness. They will love this meal.

Vata/Pitta | Your Vata/Pitta guests may like the mint yogurt added to this meal. J

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!

NOTE

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



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 – and Pittas need 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 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 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 have been shown to help stabilize blood sugar levels in the short term states a study done by the [American Journal of Clinical Nutrition](#).

[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. Finally, garbanzo beans are a low-glycemic food which supports healthy blood sugar levels. All great for you Pitta types.

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

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. 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 with a cilantro yogurt. Add 1 tablespoon chopped cilantro to 1 cup yogurt, mix well.

IF YOU ARE SHARING WITH A:

Vata | A warming, grounding meal for Vatas. This will warm their bodies and make them feel stable and calm.

Kapha | You can increase those heating spices like paprika, and cayenne.

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

Vata/Kapha | A terrific meal for your Vata/Pitta friends, offer the cooling yogurt if your friend has a lot of Pitta.

Pitta/Kapha | This is a great winter meal, it will stimulate any heavy Kapha qualities.

NOTE

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