SWEET KICHADI

Tags: Pitta, Spring, Summer

Prep Time: 15 Min
Cook Time: 35 Min
Serves: 4-8
Directions:

1. First sauté fennel seeds (may partially grind, or have as powder if necessary) and fresh ginger with the coconut oil or ghee, until seeds start to brown and pop (do not burn...if this happens, start

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again).
2. Add the rice & beans (somewhat dried), and sauté for a few minutes until rice and beans look fully saturated with oil and spices.
3. Stir in the cinnamon, coriander, and cardamom powder. Add the coconut milk plus 1 can of water. Once the fluid begins to gently boil, add the carrots and sweet potato.
4. After 10 minutes, stirring occasionally, add the fennel, raisins, and cashews. Bring to low boil, cover, and stir occasionally.
5. Cook until rice, beans, and veggies are tender and it has thickened to desired consistency.

Serve in a bowl and add your optional garnish!

Serves: 4-8 (can be kept refrigerated for 3 days & still maintain Prana or vital life force).

Makes a nice breakfast, lunch or snack...particularly in fall and winter.

Ingredients:
3/4 cup basmati rice
3/4 cup mung bean *Soak 24 hours and rinse when ready to use.
1 small sweet potato or butternut squash, cut into small quartered pieces
3 carrots, cut into quartered rounds
1 fennel bulb, cut into small slices
1/3 cup cashews pieces
1/3 cup flame raisins
2 Tbsp. coconut oil or ghee
1 tsp. cinnamon
1/2 tsp. cardamom
1 tsp. fennel Seeds
3/4 tsp. coriander powder
1 piece fresh ginger
1 can coconut milk, (nonfat for Kapha types)
Optional garnish: fresh cilantro or basil, coconut flakes

A staple of an Ayurvedic diet, Kichadi, meaning mixture, mixes savory Basmati rice, nutritious Mung dal (beans) and a delicate blend of healing spices for a light and flavorful dish. Kichadi is a delicious, gluten-free meal. This delicacy is for the truly health-conscious and busy person like yourself.

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Nutritional Information

Kichadi is rich in Protein, Calcium, and Iron. Mung Beans are a good source for dietary fiber, protein, Vitamin C, Calcium, Magnesium, Phosphorus, and Potassium. A secret blend of spices adds the balanced basic elements: Earth and Water for increasing energy and immunity, Fire for stimulating digestive enzymes, and Air and Ether which aid in detoxification.

Health Benefits

Freshly cooked Kitchadi, eaten with 1 teaspoon of pure Ghee (clarified Butter) provides the right amounts of macronutrients – complex carbs, Protein, and Fat. It builds good tissues, thereby building our immune system. Mung beans are easy to digest, so in many digestive problems, Kichadi is a good staple. In Ayurvedic detox therapy – Kichadi is the only food that is recommended.
You will feel content and satisfied when you eat freshly cooked Kichadi.
In fact, Kichadi may well be the most perfect therapeutic recipe of all because it detoxifies the entire system while kindling the body's digestive fires called 'agni.' Unlike other fasts or restricted diets, following an exclusive diet of Kichadi with the addition of some steamed seasonal vegetables and fresh fruits and perhaps a few tablespoons of yogurt mid-day, supplies all the bodies' nutritional needs and will cause no nutritional deficiencies.

Kichadi and weight loss

An exclusive diet of Kichadi for at least one to several weeks is the safest and best way to lose unwanted pounds. Talk to your Ayurvedic Practitioner for best results. There are many Kichadi recipes available online and through your Ayurvedic health practitioner.

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