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Fall is the season of letting go, just like the leaves on the trees.

Ayurveda works in 3 seasons:

Fall/winter = November – February

Spring = March – June

Summer = July – October

The Winter Anti-dote Diet

In winter the cold and wind dry out the land. Our bodies become dried out too, a sensation we can feel in our throats and sinuses. To counter the drying effects of winter we call on nature's high protein, high fat antidote in the form of warm, heavy, oily foods that will replenish our depleted reserves of moisture. This means heavier foods like bananas, avocados, beets, winter squash, nuts, and oils.

We also seek foods that taste sweet, sour, and salty. Why these tastes? In each case, nature is providing something the body needs to pacify the change of season. We've all seen how rock salt melts the ice? Salt heats up the body, so in the winter we increase our intake of salt and salty foods. Because it heats the body, salt acts as a carrier to bring minerals and nutrients deep into the body's tissues. Most spices work well in the winter as they too have a heating quality that combats the cold. Sweet foods such as yams and sweet potatoes also open up and nourish the tissues, which helps to counteract the dryness and lightness in winter. These foods also tend to calm and pacify the body, especially when the winter winds rattle your bones. Foods that are sour in taste tend to heat the body and stimulate digestion (ever wonder why you get the pickle with your sandwich?). In the East people traditionally eat pickled ginger and lemon prior to a meal to stimulate digestive fire. Sour foods such as oranges and grapefruits also contain plenty of water to counter winter's dryness—and Florida happens to produce its most luscious citrus fruits just when we need them most.

The fall fruits, apples and pears, are actually cooling fruits, and you want to eat these fruits at the end of the summer to help our body rid itself of the summer heat that may have accumulated. If we go into winter without first cooling off from the summer the combination of accumulated summer heat and dryness of winter can be devastating to our health—our bodies will react to the dryness by making our immune systems work to produce extra mucus, which can leave us with too much mucus in our system (especially come spring)—in this extra mucus is where germs breed and leave us open to “catching a cold”. Also these end-of-summer fruits are loaded with fiber helping us to clean out our intestinal tract.

However once we enter November it is important to cook apples and pears before eating them, eaten raw they will actually aggravate vata! Thus apple crisp, apple pies, apple dumplings, baked pears are great fall/winter foods.

So as we move into winter slowly begin to eat more proteins and fats, hearty soups, and nuts.



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- ॐ Favor foods that are warm, heavy, and oily. Minimize foods that are cold, dry, and light.
- ॐ Favor foods that are sweet, sour, and salty. Minimize foods that are spicy, bitter, and astringent as these foods are light and cold and will increase these qualities in us.
- ॐ Eat slightly larger quantity of food, but not more than you can digest easily. More food provides more heat for the body when the weather is cold.

Some specific winter recommendations:

Grains – rice, brown rice, and wheat are best grains for winter months (they are warming and sweet)

Fruits – oranges, bananas, avocados, grapes, grapefruit, pineapples, mangos, papayas

Vegetables – beets, carrots, winter squash, acorn squash, tomatoes, okra, onions, artichoke hearts, and sweet potatoes. All vegetables should be cooked in the winter months, raw foods increase vata.

Spices – cardamom, cumin, ginger, cinnamon, fennel, salt, cloves, mustard seed, and small quantities of black pepper.

Beans – beans need to be reduced in the winter—except for mung dal and lentils. Winter is a time of high winds, so we don't want to eat foods that create more wind. Beans also have a tendency to absorb large amounts of water and the last thing we need in the winter is a food that dehydrates us! If you do need to eat beans in the winter (especially those of us who are vegetarians) make sure to soak them extra long or cook them with extra water. This soaking will reduce their drying, wind-producing qualities. They can also be spiced with anti-gas agents such as hing, fennel, ginger, and cardamom.

Excerpts from the book 'The 3 Season Diet' by John Douillard

Other tips for vata types:

If you are a vata type this time of year you need to pay extra attention to staying in balance. Vata types need routine! Set up a morning routine, a weekly practice routine, or any other routine you feel would be good for your life. Put a little more effort into following your routine. It is helpful to write it down or mark it on your calendar to give you reminders and make it easier to establish.

Also, make sure you keep yourself well grounded. One of the ways I keep myself grounded is to make sure my home is organized, comfortable, clean, and free of clutter. Take a day out of each week just to stay home pattering around your house feeling grounded. For me another grounding technique is to dig in the dirt, so planting bulbs for next spring and cleaning out your gardens and closing them up for the winter are other ways to ground yourself.

Vata types tend to have dry skin, keep your skin from drying out! After you shower massage organic sesame oil into your skin from your feet up to your face! If you feel the need you can wash it off, however I leave it soak into my skin for about 15 minutes and then dress for my day.

Make sure you use your nasya oil (nose oil) or put a little sesame oil in your nostrils, also you can put a little on a q-tip and dab it in your ears, and after you brush your teeth mix



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about 1 tsp sesame oil with some warm water and gargle with it. Pretty much oil in any orifice you are comfortable putting it in (and even some you are not so comfortable putting it in) is ayurvedically recommended this time of year!

Preparing for Winter -- Eat more Butter and Coconut Oil :)

Winter foods need a little more fat in them to nourish our tissues and keep moisture in our body during the months of cold dry outside air and warm dry inside air. The best sources of fat might be new news to you . . .

Butter, Ghee, and virgin coconut oil are medium chain fatty acids (MCFAs), compared to long chain fatty acids like corn, soy, safflower, canola, and margarine. Longer chain fatty acids are hard to digest and to break down the fat into energy -- so our body prefers to just store them as fat instead. Medium chain fatty acids like butter, ghee, and coconut oil digest easy and INCREASE our METABOLISM.

Coconut oil and some saturated fats are not the villains we have accused them of. Latest research is showing it is the saturated long chain fatty acids that contain the health risks associated with "bad fat". Not all saturated fats are bad! Medium and short chain fatty acids saturated fats are proving to provide many health benefits

Coconut oil has another boost -- it contains Lauric Acid which is a rare and natural antimicrobial fatty acid. Studies are showing these benefits from consuming lauric acid:

Protection from viruses

LOWERS cholesterol

kills viruses

boost immunity

increases absorption for vitamins A,D,E,K

Provides easily available energy for the body

prevents Alzheimer's

supports natural weight loss

ayurvedic tip

From Ayurvedic expert John Joseph Immel, Founder of Joyful Belly

Autumn is a season of deficiency and change, provoking higher stress levels. As leaves fall, nourishing seasonal foods like pumpkin and nutmeg to soothe the nervous system help us weather the change. Cooked pumpkins are soft and comforting. Both sedatives, pumpkin and nutmeg together reduce stress. According to Ayurveda, keeping the nervous system stable through fall is our number one tool for maintaining strong immunity and staying



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In fall when the temperature starts to drop, the body scrambles to protect itself from heat loss. Nourishing foods seem all the more enticing while helping refortify deficient tissue, thicken the skin, and insulate from the cold. Pumpkins, ghee, almonds and sugar all build ojas in time for the coming winter. Ojas is Ayurveda's word for a nourishment.

In addition to nourishing tissue, pumpkin chai is also a rasayana (meaning tonic). Pumpkins are orange because of beta-carotene, a precursor to Vitamin A. Beta-carotene, also in carrots, encourages healing through rejuvenation and regeneration of tissue. Orange foods with beta-carotene are generally liver tonics that clear any residue of high pitta from the summer. They also purify the blood and soothe the eyes. The cooling demulcent and laxative properties of pumpkin soothe the GI tract.

Spices make these heavy ingredients lighter for digestion and pumpkins a bit less gassy. While all spices stimulate circulation, cloves specifically move heat to the surface of the body, warming up cold extremities.

Below is a more complete list of Winter foods, and below that my most common winter recipes. Please enjoy and eat in love and light, mindfulness and thankfulness.
May you be well nourished . . .



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THE 3-SEASON DIET GROCERY LIST – WINTER

(November-February) Though these are not the only items you can eat, they are the most beneficial foods for this season.

**An asterisk means it is best to eat more of this food.*

ॐ Eat **more** foods that are **Sweet, Sour, Salty / Heavy, Oily, Moist, Hot:**
 such as soups, stews, steamed veggies, warm herbal teas.

ॐ Eat **less** foods that are **Pungent (Spicy), Bitter, Astringent / Light, Cold, Dry:**
 such as salads, smoothies, cold foods and beverages, chips and salsa

VEGETABLES	FRUIT	SPICES	LEGUMES	BEVERAGES
Artichokes, hearts	Apples, cooked	*Anise	Mung – split, yellow	Alcohol (moderation)
*Avocados	Apricots	*Asafetida	Tofu	Black Tea (moderation)
*Beets	*Bananas	*Basil		Coffee (moderation)
*Brussels Sprouts	Blueberries	Bay Leaf		Water (warm or hot)
*Carrots	Cantaloupe, w/lemon	*Black Pepper		
*Chilies	Cherries	Caraway		
Corn	Coconuts, ripe	*Cardamom		
Fennel	Cranberries, cooked	Cayenne	NUTS & SEEDS	HERB TEAS
Eggplant, cooked	*Dates	Chamomile	*Almonds	*Cardamom
*Garlic	*Figs	*Cinnamon	*Brazil Nuts	*Chamomile
Ginger	*Grapefruit	Clove	*Cashews	*Cinnamon
Hot Peppers	*Grapes	Coriander	Coconuts	*Cloves
Leeks	Guava	*Cumin	*Filberts	*Ginger
Okra	*Lemons	Dill	*Flax	*Orange Peel
Onions	*Limes	*Fennel	Lotus Seed	
Parsley	*Mangoes	Fenugreek	*Macadamias	SWEETENERS
Potatoes, mashed	Nectarines	Garlic	*Peanuts, raw	Honey - Raw
*Pumpkins	*Oranges	*Ginger	*Pecans	*Maple Syrup
Seaweed, cooked	*Papayas	Horseradish	*Pinons	*Molasses
Squash, Acorn	Peaches	Marjoram	*Pistachios	Raw Sugar
*Squash, Winter	Pears, ripe	Mustard	Sunflower	*Rice Syrup
*Sweet Potatoes	*Persimmons	Nutmeg	*Walnuts	Mint
*Tomatoes	Pineapples	Oregano		
Turnips	Plums	Peppermint	MEAT & FISH	GRAINS
	Strawberries	Poppy Seeds	*Beef	*Amaranth
	*Tangerines	Rosemary	*Chicken	Buckwheat (moderation)
OILS		*Saffron	*Crabs	Millet (moderation)
*Almond	DAIRY	Sage	*Duck	*Oats
*Avocado	*Butter	Spearmint	*Eggs	*Quinoa
*Canola	*Buttermilk	Thyme	*Freshwater fish	Rice
*Coconut	*Cheese	*Turmeric	*Lamb	*Rice, Brown
Corn	*Cottage cheese		*Lobster	Rye (moderation)
*Flax	*Cream	CONDIMENTS	*Ocean Fish	*Wheat
*Mustard	*Ghee	Carob	*Oysters	
*Olive	*Kefir	Chocolate	*Pork	
*Peanut	Milk, not cold	Mayonnaise	*Shrimp	
*Safflower	Rice/Soy Milk	Pickles	*Turkey	
*Sesame				<i>Learn more about the seasonal diet in "The 3-Season Diet" by Dr. John Douillard</i>



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WINTER BREAKFASTS

Oatmeal

- ¾ cup whole oats
- ¾ cup almond milk
- ¾ water

Toasted almonds or pecans

Sucanat

Cinnamon

Banana or baked apple

Cook oats in water and almond milk until desired consistency. While oats are simmering toast almonds, by placing on an iron skillet and roasting over medium heat stirring often. When oatmeal is done stir in sucanat and cinnamon top with banana/baked apple and almonds/pecans.

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Yogurt (Plain, organic)

Papaya and/or mango and/or banana and/or orange or baked apple (baked with cinnamon)

Pecans, and/or walnuts, and/or almonds

Drizzle with pure maple syrup

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Apple Crisp

2 apples cored and sliced (I like to use 1 granny smith and 1 fuji)

1-2 tablespoons Coconut oil (or butter)

1 tablespoon sucanat

1 tsp cinnamon

Ground flax seeds (optional)

Walnuts (optional)

Handful of oats

Mix cinnamon and sugar and flax seeds with cut apples. Add walnuts and toss again. Top with oats and pat of butter or coconut oil. Bake 30-40 minutes at 350°.

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My own twist on Pumpkin Pie

2 Eggs beaten

1 cup sucanat (organic unprocessed cane juice evaporated)

2 15 oz cans pumpkin (or 1 roasted butternut squash or roasted pumpkin)

2 tsp cinnamon

1/2 tsp ginger

1/4 tsp nutmeg

1/2 tsp ground cloves

1-1/2 cups milk

Mix together and pour into custard cups. Bake at 450° for 15 minutes then reduce heat 350° and bake for 50 minutes.

This excellent for breakfast topped with toasted pecans or good topped with whipped cream for little 10 year old girls who come from school starving and don't like what their mother has prepared for them ;)

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Eggs ☺ Eggs are ok in moderation in the winter for those who eat them. I cook my eggs in coconut oil and a little butter and churna (vata churna in the winter).

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The perfect recipe for winter pancakes:

Core and slice an apple, sprinkle with cinnamon, bake uncovered for approx. 20-30 minutes at 350°.

You can make your own pancake batter from scratch (or Arrowhead Mills does make a good multi-grain pancake mix)

In your skillet melt coconut oil and/or butter, place slivered almonds in the skillet

Pour your pancake batter over the almonds.

Sprinkle cinnamon on top of your pancakes while they are cooking.



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Top with the baked apple and drizzle with natural maple syrup.

Pancakes for 2 recipe

- 3/4 cup flour (you can mix different flours, for ex. buckwheat, whole wheat, white, etc.)
- 1 3/4 tsp baking powder
- 1/2 tsp salt
- 1/2 TBSP sugar
- 3/4 cup milk
- 1 egg
- 1 1/2 TBSP coconut oil
- splash vanilla

sift dry ingredients, make well in center and add wet ingredients. Stir gently. Heat coconut oil and butter in a skillet, sprinkle with sliced almonds, pour 1/4 cup pancake mix over almonds, on top of pancake sprinkle with cinnamon. When edges get dry, flip pancake. Repeat above procedure for each pancake.

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CRANBERRIES are the perfect winter fruit, according to Ayurveda, cranberries are the lymph-movers of the winter. The lymphatic system drains every cell and transports the immune system. Cranberries also help to keep bacteria from adhering to our urinary tract which why they are effective at curing UTIs, they also do the same in our gut, help to move bad bacteria through our body while they boost our digestion and help to cure indigestion and ulcers. And adding to their list of goodness, cranberries are also good for our gums, prostate, and they help ward off the common cold. Here is a nice breakfast recipe using cranberries:

Delicious Cranberry Orange Sauce

- 1 pound fresh organic cranberries
- 1 cup fresh organic orange juice (about 3 oranges)
- 1 tbsp ground orange peel
- 1/2 cup organic cane sugar or natural substitute
- walnuts (optional)

Preparation: In a medium saucepan combine the cranberries, orange juice, orange peel, and sugar. Simmer, stirring occasionally, until the cranberries begin to burst and the sauce thickens, at least 15 minutes. Let cool and serve at room temperature.

Top with walnuts.

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Winter Mid-Day Main Meals:

Mabon Salad

4 tsp white wine vinegar
¾ tsp ground cumin
¼ cup olive oil
Salt and pepper
Wisk together
Add:
Leaf lettuce
Orange slices halved
Red onion slices
1 avocado sliced
Sunflower seeds or pumpkin seeds or pecans
Toss and enjoy.

Lentil Casserole

1 cup chopped onion
¾ cup dried lentils
¾ cup brown rice
¾ cup shredded sharp cheddar cheese
½ tsp thyme
½ tsp basil
½ tsp oregano
¼ tsp salt
1 clove garlic
1/8 tsp sage
½ cup water
2-1/2 cups vegetable broth
Coat a casserole dish with oil (I use coconut) combine all ingredients, stir well, cover and bake at 350° for 1 to 1-1/2 hours.

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Delicious Dal

2 cups lentils or mung bean
6 cups water
1 inch fresh ginger, grated
Simmer above over low heat until tender, about ½ hour (uncovered)
In skillet heat 4 T ghee
Add 3 chopped garlic cloves
1 onion chopped
Cumin and mustard seeds
Optional: add chilis
Sauté over medium heat until golden
Add onion mixture to dal along with 1 large can chopped tomatoes (or fresh tomatoes cut up)
Salt and pepper to taste
Simmer another 5 minutes serve over rice

Serve with roasted root vegetables:

Cut assortment of vegetables into uniform bite size chunks: potatoes, turnips, rutabagas, fennel, carrots, red beets, sweet potatoes, onions, mushrooms
Combine with olive oil, rosemary, salt and pepper, add broth or wine
Roast in a shallow pan at 375° for up to one hour (depending on size of chunks), turning every 15 minutes. In the last 10 minutes raise the heat to 425° to brown the vegetables.



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Avocado-Tomato Salad

- One whole avocado cut into chunks
- Grape tomatoes
- Artichoke hearts or hearts of palm
- Fresh mozzarella cheese
- Basil
- Olive oil
- Balsamic vinegar

Lentil Soup

- 3 cups green lentils (soaked 2-3 hours)
- 8 cups water
- Sea salt
- 2 TBSP olive oil
- 1 large onion chopped
- 3 stalks celery, chopped
- 4 carrots, chopped
- Sliced mushrooms
- 3 cloves garlic minced
- 1 can crushed tomatoes with juice
- 1 can chopped tomatoes with juice
- Juice 1/2 lemon
- 1/2 cup sucanat
- 2 TBSP red wine vinegar
- Ground pepper

Place lentils in large pot with water and bring to boil, cover and simmer 20 min. add salt.
 Meanwhile heat oil and cook veggies in vata churna until soft.
 Add vegetables to lentils and stir to mix. Add tomatoes, lemon juice, sucanat, and vinegar. Season with pepper.
 Bring to boil, reduce to simmer, uncovered until lentils are tender.

Five Grain Tempeh

Slice Tempeh into 1" cubes, brown in sesame oil and braggs liquid aminos (or soy sauce).
 Serve over brown rice mixed with shiitake or miitake mushrooms cooked in ghee.

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Enchiladas

Cook brown rice.
 Sauté spices in coconut oil and/or ghee add onion and garlic and sauté until aromatic. Stir in tomatoes and simmer briefly. Stir in rice.
 Lay rice mixture on a flour tortilla, top with cheese and fold the tortilla over (if cheese does not melt pop under a broiler for a minute. Top the tortilla with sour cream, black olives, and avocado.

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Potato Leek Soup

Scrub potatoes (do not peel) cube into small pieces, about 5-6 cups. Slice 2 leeks (I use the greens to, nearly 1/2 way up to the leaves) Sauté in butter. Add potatoes, salt, pepper, cover with water. Bring to a boil and simmer 45 minutes. Mash by hand in the kettle or for smoother soup puree in a blender or processor.

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Another dahl recipe . . . (very good for you in the winter!)

Split Moong Dahl

2 servings

- 1/2 cup split moong dahl
- 2 cups water
- 1/2 teaspoon salt
- 1/4 carrot, cut into thin slices



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- 1/2 teaspoon fresh ginger root, grated
- 1 teaspoon [Vata Churna](#)
- 1 tablespoon [Ghee](#)
- 1 teaspoon fresh cilantro leaves
- 1/2 teaspoon fresh lemon juice

Rinse dahl in cool water 3 times. Place water, carrots, and dahl in a medium sized pot and bring to a boil. Skim off the foam that forms on the top of the boiling water with a tablespoon and discard.

Lower heat and continue to simmer for 20 minutes, till the dahl is tender. If you want a thicker dahl you can continue boiling for 5 minutes longer. Add the salt. In a separate saucepan melt the ghee. Add the fresh ginger root and sauté for several minutes. Add the Vata Churna and sauté briefly, about 30 seconds, with the ginger root, making sure that the spices do not burn.

Add spice mixture to dahl. The dahl may splash when you add the hot oil to it. Add the fresh cilantro and lemon juice. Stir and serve over rice or as a side soup with your main meal.

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Spaghetti Squash

1 small spaghetti squash

2 TBSP butter or ghee

Fresh grated pecorino

Salt/pepper to taste

Pre-heat oven to 375 degrees. Slice squash in half, scoop out seeds, place squash in baking dish and bake for 45-60 minutes until the squash is al dente. Use a fork to pull out strands, mix with remaining ingredients.

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Kale Kavish

¼ cup olive oil

1 bunch of Kale rinsed and finely minced

2 onions chopped

4 cloves of garlic

2-3 red or green bell peppers, diced

4 carrots sliced

¼ cup water

2 cups shredded organic raw goat cheese

Sauté onions, garlic, peppers, and carrots in olive oil until softened. Add kale and stir over high heat until kale turns bright green. Then add ¼ cup water and cover to steam for another 5-8 minutes, stirring occasionally.

Top with cheese.

Serve over rice or pasta or wrap up in a flour tortilla -- which is what I do to travel, excellent travel food.

Mushroom Bisque

2 potatoes peeled and diced

1-1/2 cups water

1-1/2 TBSP butter or ghee

2 cups onion chopped

1 stalk celery

1-1/2 lbs. mushrooms

Salt

2 cloves garlic, minced

¼ tsp thyme leaves

1 TBSP dry sherry

2 TSBP braggs liquid amino acids or soy sauce

Black pepper

1 cup milk

Boil the potatoes and water in a small sauce pan until tender, about 10 minutes. Puree potatoes in remaining cooking water.



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Heat butter/ghee in large pan over medium heat, sauté onions and celery for 5 minutes. Add mushrooms, salt, garlic, and thyme, cover and simmer, stirring occasionally, for 10 minutes. Turn off heat, add sherry, braggas, and pepper. Puree and return to pot, add milk.

Combine potato and mushroom purees and heat until hot. Top with scallions if desired.

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Rice with yellow split peas and garlic

1 cup yellow split peas (soaked for 1 hour or boiled for 2 minutes)

2 cups brown basmati rice

3 TBSP olive oil

1 cinnamon stick

1 bay leaf

3 cloves

3 garlic cloves

1 onion sliced

Sea salt

Rinse the split peas and soak or boil. Drain. Rinse and soak rice for 30 minutes. Drain. Heat oil in large pan.

Put in cinnamon stick, bay leaf, and cloves. Stir once. Put in garlic and onion. Saute until light brown. Add

drained rice, split peas, and salt. Stir a couple of minutes until rice turns translucent. Add 4 cups water.

Bring to boil. Cover and reduce heat to a simmer, cook for 40 minutes or until soft.

Remove bay leaf, cinnamon stick, and cloves. Top with cilantro if desired.

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Vegetable Soup

Melt ghee, stir in vata churna, in this sauté onions, celery, garlic. Add carrots, turnips, beets, peeled cubed

sweet potatoes and/or potatoes. Add 4 cups water and bring to boil. Reduce to simmer, add cabbage and/or

kale and cilantro. Cook until vegetables are tender.

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Butternut Squash Soup

1 small onion, chopped

2T ghee or butter

2c Vegetable Broth (I like the Imagine No-Chicken Broth) OR used saved potato water

1 Butternut Squash cut in half, scoop seeds out and roast at 400° for approx. 1 hour.

2 Pears, peeled, cored, and sliced

1t thyme leaves

¼ t salt

¼ t white pepper

¼ t ground coriander

1c cream or raw milk or almond milk

Cook onion in ghee until tender. Stir in broth, pears, thyme, salt, pepper, and coriander. Heat to boiling;

reduce heat, cover and simmer, approx. 10 minutes. Stir in roasted squash. Remove from heat, blend with a

submersion blender (or in a normal blender). Return to heat stir in cream or milk. Can top with toasted

pecans if desired.

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Lentil Salad

1 large onion, diced

3 bay leaves

EV Olive oil

¼ cup sherry vinegar

2 carrots, cut into small cubes

2 cloves garlic, minced

1 ½ cups dried lentils

3 TBSP walnut oil

½ tsp thyme

Salt and Pepper

Sauté the diced onion in EVOO until golden. Add carrots and cook for a few minutes more. Add the lentils,

thyme, bay leaves, and enough water to cover, bring to a boil. Reduce heat and simmer 15–20 minutes or

until lentils are just tender. Remove from heat and strain in colander. Transfer lentils to a bowl and toss while

still hot with vinegar. Stir in the garlic and walnut oil along with salt and pepper. Serve at room temperature.

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Broccoli Cheese Soup



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Ingredients:

- 1 tablespoon butter, melted
- 1/2 medium onion, chopped
- 1/4 cup melted butter
- 1/4 cup flour
- 2 cups half-and-half
- 2 cups no-chicken broth by Imagine
- 1/2 pound fresh broccoli
- 1 cup carrots, julienned
- salt and pepper to taste
- 1/4 teaspoon nutmeg
- 8 ounces grated sharp cheddar

Directions:

Saute onion in butter. Set aside. Cook melted butter and flour using a whisk over medium heat for 3-5 minutes. Stir constantly and slowly add the half-and-half (this is called making a roux). Add the broth or stock whisking all the time. Simmer for a few minutes. Add the broccoli, carrots and onions. Cook over low heat until the veggies are tender for 20-25 minutes. Add salt and pepper. The soup should be thickened by now. Pour in batches into blender and puree or blend with a hand blender.

Return to pot over low heat and add the grated cheese; stir until well blended. Stir in the nutmeg and serve.

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Home made Mac n Cheese

- 3 tbsp. butter
- 1/4 c. flour
- 2 tsp. salt
- 1/2 tsp. dry mustard
- 1/2 tsp. pepper
- 2 1/2 c. milk
- 1/2 lemon
- 2 c. Cheddar/Monterey Jack cheese, grated
- 1/2 cup vintage aged cheddar cheese
- 1 (16 oz.) box elbow macaroni

In large saucepan, melt butter over low heat. Stir in flour, salt, mustard and pepper until smooth; take off heat. Little by little, stir in milk until smooth. Stir constantly for 10 minutes on heat until thick; take off heat. Add 1/2 squeezed fresh lemon juice. Stir in 2 cups Cheddar/Monterey Jack cheese until melted. Put cooked macaroni in a greased casserole dish, pour cheese mixture over and mix well. Sprinkle vintage aged Cheddar cheese on top. Bake at 375 degrees for 20 minutes.

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Autumn Squash Pasta

- 3-4lb acorn or butternut squash
- 1 lb ziti or penne pasta (approx.)
- 1/2 cup olive oil
- 2 tbsp butter
- 2-3 large leeks, cleaned and sliced
- 1/2 small onion
- 1 garlic clove, coarsely chopped
- Sea salt and fresh ground black pepper
- 1/2 cup dry white wine
- 1/3 cup pecorino cheese freshly grated

Preheat oven to 350° F. Cut the squash in half; scoop out and discard seeds. Place squash, cut side down, in 1" water in a 13x9 glass dish, bake for 45-50 minutes or until tender. Set aside until cool enough to handle



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Meanwhile cook the pasta in boiling salted water for 2–3 minutes less than the cooking time. Drain and set aside.

Heat the oil and butter in a large iron skillet over low heat. Add the leeks, onion, garlic, salt and pepper. Saute until the leeks have become pliable, making sure the garlic does not burn. Add the squash and wine, stirring until a thick sauce forms. Fold in the cooked pasta—add it slowly depending on how big the squash was you may not need all the pasta, taste and adjust seasonings. Spoon into the same glass dish; sprinkle with cheese.

Bake 15–20 minutes, or until the cheese browns.

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Mustard Kohlrabi

- 4 to 6 medium kohlrabi with leaves
- 2 tablespoons butter
- 1 tablespoon prepared mustard and/or dijon mustard
- 1/2 teaspoon salt

Trim off root ends and vinelike stems from kohlrabi. Wash and pare. Cut into 1/4 inch slices. Pull the leaves off the stems, roll them up together and slice them thinly. Heat 1 inch salted water (1/2 teaspoon salt to 1 cup water) to boiling. Add kohlrabi. Cover and heat to boiling; reduce heat. Boil until tender, about 20 minutes, half way through boiling time add the leaves (the leaves are my favorite part, many people discard them!). Drain. Stir in butter, mustard, and salt. Cook briefly, turning slices, until golden brown.

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Whipped parsnips with Leek Gravy

- Whipped Parsnips
- 1 pound parsnips, cut into 1/2–inch pieces
- 1 1/2 cups (about) whole milk
- 1/3 cup whipping cream

preparation
Combine parsnips, 3/4 cup milk and whipping cream in heavy large saucepan. Cover and simmer over medium–low heat until parsnips are tender and most of liquid has evaporated, about 30 minutes. Mash with your choice of tools . . . Season parsnips to taste with salt and pepper and serve.

- Leek Gravy
- 4 tablespoons butter
- 1 leek, diced or dried leeks soaked in water
- 2 garlic cloves, diced
- 2 tablespoons flour
- 1 cup vegetable stock or LESS if using the dried leeks soaked in water
- Salt and Pepper– to taste
- Parsley– chopped (garnish)

In a frying pan over medium–high heat, add 2 tablespoons of the butter and sauté the leeks and garlic (season with salt and pepper) uncovered for 3–4 minutes or until soft. Push the vegetables to the outside rim of the pan. Add the remaining butter in the middle of the pan and whisk in the flour to make a rue. Add the stock (and leek water if using dried leeks); bring up to a boil, then reduce heat to low while continually stirring until desired consistency.

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COLLARDS with Mashed Potatoes

- Make mashed potatoes to your liking – i like mashed potatoes with the skin
- large onion



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2-3 cloves garlic
Collard Greens
Salt and pepper

Saute onion and garlic in butter. Add salt and pepper. Remove the rib from the collard leaves --fold leaf and slice your knife along the rib, roll the leaf and slice finely. Add to onion and garlic. Cook over high heat about 10 minutes add 1/2 cup potato water (or plain water if you did not save your potato water ;) Steam another 10 minutes.

Serve over mashed potatoes

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Subji and Jeera Rice

Subji (wet in a "gravy") (Subji means vegetables)
INGREDIENTS:

- Cauliflower - 1 big or medium size separated into florets
- Peas - 1 cup
- Onion - 1 to 2 medium size
- Tomato - 2 medium size
- Ginger - 1 inch piece
- Garlic - 3-4 cloves
- Turmeric powder - 1/2 tsp
- Chilly powder - 2 tsp
- Cumin powder - 1 tsp
- Coriander powder - 2 tsp
- Garam masala - 1/2 tsp
- Cumin seeds - 1 tsp
- Oil and salt - as required

METHOD:

- ☞ Wash the cauliflower florets in warm water with a pinch of salt.
- ☞ Grind or put in a food processor: onion, tomato, garlic, ginger to a coarse paste, this is your masala.
- ☞ Heat pan with some oil or ghee, add cumin seeds and when it becomes brown, add the spices and saute until aromatic,
- ☞ Then add the cauliflower florets and peas and mix well. Add some water, say for about 3/4 to 1 cup of water, depending upon the consistency. if you have saved potato water or water from steaming vegetables, use this instead of plain water. Let it steam for a bit.
- ☞ Add the ground masala carefully.
- ☞ Close the pan with a lid and let it get cooked with the masala. Keep stirring in between.
- ☞ When the florets and peas have become tender and cooked well, transfer the contents to a bowl and serve hot with rotis or parathas.

Jeera Rice

melt ghee add lots of cumin seeds and toast. stir in cooked rice with lots of chopped cilantro

OR

melt ghee and toast lots of cumin seeds. stir in rice until coated well. add water and cook. when done add cilantro.

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Cathrin's Pumpkin Curry



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Ghee
chopped ginger
sliced green or red onions
mustard seeds
tumeric
--Saute all the above together

Add:
1-2 teaspoon Curry Paste
1-2ll teaspoon miso
raisins or dried cranberries
--sauté briefly

Add:
Peeled cubed fresh pumpkin
--let it simmer to desired roasted-ness

Add:
1 can coconut milk
-- simmer briefly

Top with:
Cilantro and a little salt

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My new Fav Recipe for end of 2012 into 2013 . . . the year of happiness and prosperity . . .

SPAGHETTI SQUASH PAD THAI

Ingredients:
1 batch Sunshine Sauce (recipe follows)
2 large eggs
2 teaspoons soy sauce or braggs aminos
coconut oil
1/2 medium onion, thinly sliced (about 1/2 cup)
1 cup snap peas, thinly sliced lengthwise or peas or other green vegetable
2 cups roasted spaghetti squash – To roast spaghetti squash, slit with knife (to prevent it from exploding!)
place on a cooking sheet and roast at 350° for about an hour or until soft)

Directions:
Crack the eggs into a small bowl, and use a fork to scrambled them with the soy sauce. Heat a large skillet over medium-high heat, about 3 minutes. Add 2 T coconut oil to the skillet, and when it's melted, pour in the eggs and let them spread like a pancake. Reduce the heat to medium and cover with a lid, letting the eggs cook until they're set and beginning to brown on the bottom, about 3-4 minutes. Flip and lightly brown on the other side. Remove the eggs from the pan and cut into strips with a sharp knife.

Using the same pan, increase heat to medium-high and add 1 T coconut oil to the pan. Saute the onion and snap peas, stirring with a wooden spoon, until they're crisp-tender, about 2 minutes.

Add the spaghetti squash and cooked egg to the pan, stirring with a wooden spoon, cook until heated through, about 3 minutes.

Add the Sunshine Sauce to the pan and stir-fry until everything is well-blended and hot.



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Divide among two plates, sprinkle with (optional) garnishes (chopped toasted cashews or almonds, sunflower seeds, sliced scallions, minced cilantro, a squeeze of lime juice), and dig in.

Serves 2

Sunshine Sauce

Ingredients:

2 tablespoons lime juice

1 clove garlic, minced (about 1 teaspoon)

1/2 teaspoon crushed red pepper flakes

1 tablespoon soy sauce or bragg's aminos

1/4 teaspoon powdered ginger

1/2 teaspoon rice vinegar or sweet flavored vinegar

1/4 cup butter

dash of cayenne pepper (optional)

1/4 cup coconut milk

Directions:

Place all ingredients except the coconut milk in the bowl of a food processor and whirl until well blended. Scrape down sides of the bowl with a rudder scraper, then add the coconut milk. Process until it's blended and smooth.

—



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Winter Light Suppers

Roasted Kale

Roasted Kale with Sea Salt

- 4 cups firmly-packed kale
- 1 Tbsp. extra virgin olive oil
- 1 tsp. good-quality sea salt

Preheat oven to 375 degrees F. Wash and trim the kale: Peel off the tough stems by folding the kale leaves in half like a book and stripping the stems off. Toss with extra virgin olive oil. Roast for five minutes. Turn kale over. Roast another 7 to 10 minutes until kale turns brown and becomes paper thin and brittle. Remove from oven and sprinkle with sea salt. Serve immediately.

Makes 2 servings.

Per serving: 186 calories, 14 g fat (2 g saturated fat), 0 mg cholesterol, 13 g carbohydrate, 3 g fiber, 4 g protein, 412% vitamin A, 268% vitamin C, 18% calcium, 13% iron

Kale is one of the healthiest foods around. It's full of vitamins A, C and K, and it is a great source of manganese, calcium and iron. It also has no cholesterol and offers a nice serving of fiber and protein.

The problem is kale is much tougher than other leafy greens, like swiss chard, collard greens and spinach.

Hence, it isn't as versatile for cooking. It doesn't work as well in salads or sauces, for example, as spinach or swiss chard.

That's probably also why most recipes for kale are for soups or stir fries. This recipe breaks that mold. The kale comes out of the oven crispy and salty, giving it an almost fried-like texture. The result is a great way to get kids (and grown-ups alike) to eat this super-nutritious vegetable.

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Brussel Sprouts

Fresh brussel sprouts quartered

Olive oil

Mix together and broil, top with a little fresh parmesan/pecorino and broil a little longer

OR

Steam brussel sprouts and toss with butter and lemon.

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Butternut Squash

Roast squash at 350° for approx. 1 hour. Cut in half and scoop out seeds. Mash with a little butter and sprinkle with sucanat, cinnamon, and nutmeg.

+++++

CARROT AND GINGER SOUP

6 tbsp. ghee

Vata churna

1 lg. yellow onion, chopped

1/4 c. finely chopped ginger root

3 cloves garlic, minced

7 c. vegetable stock (in lieu of making your own I found Imagine No-Chicken broth to be my favorite)

1 c. dry white wine

1 1/2 lb. carrots, peeled, cut into 1/2" pieces

2 tbsp. fresh lemon juice

Pinch curry powder

Salt & ground pepper

Snipped fresh chives or parsley

1. Melt ghee in large stock pot over medium heat. Add onion, ginger and garlic; sauté for 15-20 minutes.

2. Add the stock, wine and carrots. Heat to boiling. Reduce heat and simmer uncovered over medium heat until the carrots are very tender, about 45 minutes.

3. Puree the soup with a hand/submersion blender or for smoother soup in a blender or processor. Season with lemon juice, curry powder, salt and pepper to taste. Sprinkle with chives or parsley.

+++++



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Winter Vegetable Soup

- ½ cup sweet potatoes
- ½ cup squash
- ½ cup peas
- ¼ cup beets
- ¼ cup beet greens
- Chilies
- Spices to taste: cumin, ginger, tumeric, pepper, fenugreek
- Salt
- 2 cups water

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Creamy Squash Soup

- 1 acorn squash or small butternut
- 3 TBSP ghee or butter
- 1/8 tsp each: cinnamon powder, ginger powder, cardamom, nutmeg, saffron
- 2 cups chopped onion
- 1 carrot diced
- 1 potato diced
- 1 apple peeled, cored, and chopped
- 3 ½ cups water
- 1 cup almond milk (or milk or cream)
- ½ cup apple cider
- Salt and pepper to taste

Clean the squash, cut in half and scoop out seeds. Place it cut side down on a lightly oiled baking pan, cover and bake at 350° about one hour.

Sauté the spices in ghee, add the onion and sauté until translucent. Add carrots, potatoes, apples, and water. Bring to boil, simmer covered about 20 minutes or until vegetables are tender.

When the baked squash has cooled scoop out the soft insides and add to the soup. Add the milk and cider. Blend with a hand blender to your desired consistency (smooth or chunky) add salt and pepper to taste, more cinnamon if necessary.

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[Borscht](#)

What you need:

- 1 large onion
- Olive oil
- 3 medium beets, peeled and diced
- 14 ounces no-chicken broth by imagine
- Greek or plain whole-milk yogurt (mix the latter with sour cream)

What you do: Chop onion, and sauté in 1 tablespoon olive oil until golden. Add beets, broth, and ½ teaspoon salt. Bring to a boil. Reduce heat, and simmer 20 minutes, or until beets are tender. Puree mixture in a blender until smooth. Whisk ½ cup hot soup into 1 cup yogurt, and stir yogurt mixture into soup, until well-blended. Serves 4.

+++++

Spiced Pumpkin Soup

- 8 chamomile tea bags
- 6-1/2 cups water, divided
- 1 large red onion, chopped
- 2 TBSP olive oil
- 2 cloves garlic minced
- 1-1/2 TBSP ground cumin
- 1/8 tsp cayenne pepper
- 2 TBSP sucanat
- 1 small pumpkin peeled and cubed



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Freshly ground salt and black pepper to taste
Bring 4-1/2 cups water to boil; pour over tea bags; cover; steep for 6 minutes
Saute onion in oil over medium-low heat until soft. Stir in garlic, cumin, and cayenne, stirring constantly until mixture is aromatic, about 1 minute.
Stir in tea, remaining 2 cups water, pumpkin, sucanat, and salt. Simmer stirring occasionally about 20 minutes. Season to taste with salt and pepper.

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