



Vata salads: sweet and warm greens and roots with a soft quality (not too cold and crunchy). Marinate your salads!

## Best Vata Salad:

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

## Zen Kale Salad:

2 cs green kale  
 1/4 c sesame seeds  
 2 tbsps sesame oil  
 1 t lemon juice  
 1/2 t celtic salt  
 Combine kale and salt in a mixing bowl. Massage the salt into the kale. Let sit from 1-12 hours. Add remaining ingredients and mix well.

## Fennel, carrot & Jicama Salad:

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



Pitta salads: sweet and bitter greens and roots with plenty of color and sprouts.

## Simple Pitta Salad:

1 c sunflower sprouts  
 2. c lettuce greens  
 1 c grated golden beet  
 1/2 avocado

## Green bean coconut salad:

1/2 lb. green beans, slices in half, & in 1" pieces  
 juice of 1 lime  
 1 T melted coconut oil  
 2 T minced fresh dill or mint  
 salt to taste.

Toss and marinate at room temperature for 2+ hours.

## Pitta Sprout Salad:

1/2 c lentil sprouts  
 1/2c sunflower sprouts  
 1/2 c alfalfa sprouts  
 1 c lettuce or mixed greens  
 1/2 c jicama  
 1/2 an orange, juiced  
 1 t olive oil

## Fennel and Apple Salad:

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



Kapha salads: primarily of spicy & bitter greens and sprouts

## Simple Kapha Salad:

1 bunch arugula  
 4 thinly sliced radishes  
 4 thinly sliced turnips  
 1/2 c fenugreek sprouts  
 1/2 an orange, juiced  
 1 t olive oil

## Daikon-Ginger Salad:

1 daikon, grated  
 1/3 c lemon juice  
 1/4 c ginger, finely grated  
 1/4 t cayenne  
 Let the grated ginger marinate in lemon-cayenne juice for several hours. Pour the marinade over the daikon and serve.  
 (Daikon is unbalancing for P in large amounts.)

## Mixed Greens and Sprout Salad:

2 c mixed greens  
 1/2 c arugula  
 1/2 c fenugreek sprouts  
 1/2 c radish and onion sprouts  
 1/2 c grated golden beet  
 2 T pumpkin seeds  
 1/2 a grapefruit, juiced