Recipe ingredients to go with the Indian Summer Festival cooking lesson. Full recipes in “Vij’s at Home, Relax Honey” cookbook

**Sprouted Lentil, Bell Pepper & Carrot Salad p.129 (half recipe)**

1 cup Sprouted Lentils
1 carrot
1 bell pepper
1 green onion
2 celery sticks
1 lemon
cilantro
¼ tsp salt + pepper
1 tbsp olive oil

**Zucchini, Squash & Potato Saute p.106 (half recipe)**

1 zucchini
1 yellow squash
3 Yukon gold or new potatoes
⅛ cup coconut oil
¼ tbsp black mustard seeds
6 fresh curry leaves
½ tsp coriander
½ tsp turmeric
spinach
Salt
pepper

**Spicy Rice Pilaf for Local Veggies p.136 (half recipe)**

¾ cup Basmati rice
Water
Cooking oil
2 green onions
2 tomatoes
1 jalapeno pepper
½ tbsp cumin
¼ tsp cayenne
¼ tsp fenugreek
¼ tsp black mustard seeds
Salt
1 can chickpeas
Mint
cilantro
Paneer (optional)
Other veg of choice