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