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## SPRING TIME RECIPES

### GINGER CORRIANDER(CILANTRO) TEA

Add 1 tsp fresh grated ginger to a cup of boiling water. Cover and simmer on low heat for about 5 min. Add one tsp of whole corriander seeds with the ginger TO help dispel gas. Sip this tea after any meal.

Ayurveda believes Coriander can help prevent digestive disorders such as indigestion, flatulence and gas. In spring it is important to eat light foods and to strengthen the digestive system.

### SPRINGTIME SPICED BLACK BEANS RECIPE

This classic recipe with an Indian flair is a great spring reviver, with ingredients designed to lighten the stuck energies many of us associate with winter, and to nourish our bodies deliciously with the goodness of black beans lightly spiced with ginger and red bell pepper. Beans are a cornerstone of the Mediterranean diet, and they are certainly both nutritious and inexpensive. This recipe is so simple and so surprisingly good, you might be tempted to make it a part of your everyday cooking repertoire.

#### INGREDIENTS

1 cup dried black beans, rinsed and soaked overnight  
3 cups water  
1 bay leaf  
2 tablespoons olive oil  
2 tablespoons fresh gingerroot, grated  
1/2 cup red bell pepper, diced  
2 teaspoons cumin seeds, lightly toasted in a dry skillet over medium heat  
1/2 teaspoon turmeric  
salt and freshly-ground black pepper, to taste  
2 teaspoons fresh cilantro leaves, minced

1. Drain soaked beans and rinse again. Bring beans to a boil in fresh water, along with the bay leaf, then reduce heat to medium low.
  2. In a separate frying pan, saute the ginger in olive oil. Add bell pepper and saute for a few minutes. Add this mixture to the beans, along with the dry-toasted cumin seeds and turmeric.
  3. Cook the mixture for about 40 minutes, or until the beans are tender. Add salt and pepper to taste, then garnish each serving with cilantro. You may serve this over brown rice, if you like.
- Serves 4.

Read more: <http://www.care2.com/greenliving/springtime-spiced-black-beans.html#ixzz1KB5Btw2O> Adapted from Ayurvedic Cooking Made Easy, by Kumuda Reddy, M.D. (Lantern Books, 2005).