



## ***Balanced Living Ayurveda***

*Upāsana Giglia, C.Ay, RYT*

**Ayurvedic Recipes:**

### **Baby Romaine Salad with Date Vinaigrette**

*Adapted from Vegetarian Times magazine*

*Upasana's note:* I love this recipe, mostly for the dressing, which is sweet and cooling on a warm summer day. Fresh salad is classic summer fare ~ and, agni must be relatively strong to digest raw vegetables. So if your digestion is a bit (or a lot) out of whack, try this dressing over greens that have been lightly cooked (wilted) in a little ghee. The fennel in this salad is a refreshing ingredient for summer, and adds a delightful crunch. The original salad calls for orange slices, which I don't generally use (mixing fresh fruit and vegetables is not exactly "Ayurvedically correct"). Besides, oranges are not in season in summer! But if you have oranges on hand and you want to try it, I'm sure it would be delicious...

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#### **Vinaigrette:**

- 4 pitted organic Medjool dates (1/4 cup)
- 1 large shallot, diced (1/4 cup)
- 2 Tbs. fresh lime juice
- 2 Tbs. olive oil
- 1 Tbs. champagne vinegar
- ¼ tsp. cayenne or Aleppo pepper (optional)

Place all ingredients in blender or food processor and blend until smooth. Set aside.

**Salad:**

2 medium fennel bulbs, cored, halved and cut into ¼" thick slices (3 cups)

6 radishes, quartered

5 oz. baby romaine lettuce leaves (4 cups)

¼ cup chopped toasted almonds

4 oranges

Toss orange slices, fennel and radishes with 3 Tbs. of the vinaigrette until well coated. Let stand for 5 minutes to allow flavors to develop. Add romaine leaves and toss to combine. Top with chopped toasted almonds.

Enjoy!