



Sautéed Summer Vegetables

These sautéed summer vegetables are a simple Ayurvedic vegetable recipe designed to support digestion while honoring the abundance of seasonal produce.

Servings: 2-3

Preparation Time: 15 minutes

Ingredients



- 1 tbsp **ghee (make your own ghee)** or **coconut oil**
- 1/2 tsp **fennel seeds**
- 1/2 tsp **cumin seeds**
- 1 cup sliced zucchini
- 1/2 cup of chopped asparagus
- 1/2 cup green beans, trimmed and halved
- 1 medium sweet potato, peeled and chopped
- 1/2-1 tsp **pink Himalayan salt**
- Juice of 1/2 lime
- Fresh chopped cilantro for garnish

Instructions

- Heat ghee or oil in a skillet over low heat until hot.
- Add fennel and cumin seeds; let them sizzle for 30 seconds.
- Add carrots, green beans, and salt first. Sauté for 3-4 minutes.
- Add asparagus and zucchini. Cook another 5-7 minutes, stirring gently until tender.
- Finish with a squeeze of lime juice.
- Garnish with chopped cilantro and serve warm.

Sautéed Summer Vegetables (Cont.)



While cooling, this is excellent for all types during the hot summer months. If digestion is slow or irregular, add some ginger.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

