

Mixed Market Vegetables with Herbed Yogurt Sauce

Serves 2

This summertime favorite is easy to prepare, and you can feel free to use whatever vegetables and fresh herbs are available- this is my favorite combo. I go for a fine mixture of colors and change the herb each time. The sauce is quick enough to make fresh to order. This vegetable side goes nicely with a dal soup.

For the sauce

½ cup fresh yogurt

juice of ½ lime

¼ tsp Calming Spice Mix

¼ tsp salt

2 tbsp fresh herbs, finely chopped (choose from: basil, dill, oregano, cilantro, parsley, etc)

fresh pepper to taste

1 Tbsp ghee

½ tsp cumin seed

1 medium zucchini

1 medium summer squash

½ cup fresh peas or green beans

2 small carrots

2 Tbsp water

½ tsp salt

Chop the squashes and carrots into 1” chunks.

In a large frying pan, warm the ghee on medium heat. Sauté the cumin seeds until you can smell them, 3-5 minutes.

Add the vegetables and stir to coat all with oil. Sauté for a few minutes.

Keeping the stovetop on medium heat, add the water, and salt. Cover, steam until tender, about 10 minutes. Test vegetables by pricking them with a fork. If the fork enters the vegetable easily, they are done.

If there is any water left in the pan, pour it into a bowl to save if you need it for the yogurt sauce.

Remove from heat, uncover and cool for a few minutes.

Toss the vegetables with the yogurt sauce in a serving bowl. Garnish with fresh herbs.

For the yogurt sauce

Whisk all ingredients, except the fresh herbs, to combine. Add 1-2 Tbsp water if your sauce is very thick. This will depend on the yogurt you are using.

Add the herbs, setting a small amount for garnish.

Vegan variation

Substitute full fat coconut milk for the yogurt.