

SUMMERTIME SALAD

Vata ↑↓**, Pitta ↓, Kapha ↓

Serves 2 / Prep Time: 15 to 20 minutes

**Those with a strong Vata imbalance should avoid this recipe, otherwise it is suitable for Vata types during the hotter seasons and in moderation.

- 4 cups chopped butter leaf or romaine lettuce
 - 2 cups chopped baby spinach leaves
 - 6 artichoke hearts, chopped
 - 8 kalamata olives, pitted and chopped (omit for Pitta)
 - 6 cucumber slices, quartered
 - 1/3 cup chopped red pepper
 - 1 avocado, cubed (omit for Kapha)
 - 1 tablespoon sunflower seeds
 - 2 tablespoons olive oil
 - 2 tablespoons fresh lemon juice (use lime for Pitta)
 - 1/8 teaspoon salt
 - Pinch freshly ground black pepper
 - 2 cups hummus, divided
 - 1/4 cup sprouts, divided (omit for Vata)
1. Wash and chop the lettuce, spinach, artichokes, olives, cucumber, and red pepper. Place them in a large salad or mixing bowl.
 2. Cube the avocado and add this along with the sunflower seeds to the large bowl.
 3. In a small separate bowl, mix the olive oil, lemon juice, salt, and black pepper together. Stir this mixture well and then pour it over the salad mix.
 4. Toss the salad until all of the ingredients have been evenly distributed.
 5. Serve the salad onto serving plates. Typically this amount should serve about two large salads.
 6. Top each plate with 1 cup of hummus, and then 1/4 cup of sprouts. For the hummus you can use the variety you enjoy, although a homemade hummus is always preferred!
 7. Enjoy this salad as a healthy lunch or dinner meal throughout the hotter months.