



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

Fall is the season of letting go, just like the leaves on the trees.

Ayurveda works in 3 seasons:

Fall/winter = November – February

Spring = March – June

Summer = July – October

The Winter Anti-dote Diet

In winter the cold and wind dry out the land. Our bodies become dried out too, a sensation we can feel in our throats and sinuses. To counter the drying effects of winter we call on nature's high protein, high fat antidote in the form of warm, heavy, oily foods that will replenish our depleted reserves of moisture. This means heavier foods like bananas, avocados, beets, winter squash, nuts, and oils.

We also seek foods that taste sweet, sour, and salty. Why these tastes? In each case, nature is providing something the body needs to pacify the change of season. We've all seen how rock salt melts the ice? Salt heats up the body, so in the winter we increase our intake of salt and salty foods. Because it heats the body, salt acts as a carrier to bring minerals and nutrients deep into the body's tissues. Most spices work well in the winter as they too have a heating quality that combats the cold. Sweet foods such as yams and sweet potatoes also open up and nourish the tissues, which helps to counteract the dryness and lightness in winter. These foods also tend to calm and pacify the body, especially when the winter winds rattle your bones. Foods that are sour in taste tend to heat the body and stimulate digestion (ever wonder why you get the pickle with your sandwich?). In the East people traditionally eat pickled ginger and lemon prior to a meal to stimulate digestive fire. Sour foods such as oranges and grapefruits also contain plenty of water to counter winter's dryness—and Florida happens to produce its most luscious citrus fruits just when we need them most.

The fall fruits, apples and pears, are actually cooling fruits, and you want to eat these fruits at the end of the summer to help our body rid itself of the summer heat that may have accumulated. If we go into winter without first cooling off from the summer the combination of accumulated summer heat and dryness of winter can be devastating to our health—our bodies will react to the dryness by making our immune systems work to produce extra mucus, which can leave us with too much mucus in our system (especially come spring)—in this extra mucus is where germs breed and leave us open to “catching a cold”. Also these end-of-summer fruits are loaded with fiber helping us to clean out our intestinal tract.

However once we enter November it is important to cook apples and pears before eating them, eaten raw they will actually aggravate vata! Thus apple crisp, apple pies, apple dumplings, baked pears are great fall/winter foods.

So as we move into winter slowly begin to eat more proteins and fats, hearty soups, and nuts.



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

- ॐ Favor foods that are warm, heavy, and oily. Minimize foods that are cold, dry, and light.
- ॐ Favor foods that are sweet, sour, and salty. Minimize foods that are spicy, bitter, and astringent as these foods are light and cold and will increase these qualities in us.
- ॐ Eat slightly larger quantity of food, but not more than you can digest easily. More food provides more heat for the body when the weather is cold.

Some specific winter recommendations:

Grains – rice, brown rice, and wheat are best grains for winter months (they are warming and sweet)

Fruits – oranges, bananas, avocados, grapes, grapefruit, pineapples, mangos, papayas

Vegetables – beets, carrots, winter squash, acorn squash, tomatoes, okra, onions, artichoke hearts, and sweet potatoes. All vegetables should be cooked in the winter months, raw foods increase vata.

Spices – cardamom, cumin, ginger, cinnamon, fennel, salt, cloves, mustard seed, and small quantities of black pepper.

Beans – beans need to be reduced in the winter—except for mung dal and lentils. Winter is a time of high winds, so we don't want to eat foods that create more wind. Beans also have a tendency to absorb large amounts of water and the last thing we need in the winter is a food that dehydrates us! If you do need to eat beans in the winter (especially those of us who are vegetarians) make sure to soak them extra long or cook them with extra water. This soaking will reduce their drying, wind-producing qualities. They can also be spiced with anti-gas agents such as hing, fennel, ginger, and cardamom.

Excerpts from the book 'The 3 Season Diet' by John Douillard

Other tips for vata types:

If you are a vata type this time of year you need to pay extra attention to staying in balance. Vata types need routine! Set up a morning routine, a weekly practice routine, or any other routine you feel would be good for your life. Put a little more effort into following your routine. It is helpful to write it down or mark it on your calendar to give you reminders and make it easier to establish.

Also, make sure you keep yourself well grounded. One of the ways I keep myself grounded is to make sure my home is organized, comfortable, clean, and free of clutter. Take a day out of each week just to stay home pattering around your house feeling grounded. For me another grounding technique is to dig in the dirt, so planting bulbs for next spring and cleaning out your gardens and closing them up for the winter are other ways to ground yourself.

Vata types tend to have dry skin, keep your skin from drying out! After you shower massage organic sesame oil into your skin from your feet up to your face! If you feel the need you can wash it off, however I leave it soak into my skin for about 15 minutes and then dress for my day.

Make sure you use your nasya oil (nose oil) or put a little sesame oil in your nostrils, also you can put a little on a q-tip and dab it in your ears, and after you brush your teeth mix



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

about 1 tsp sesame oil with some warm water and gargle with it. Pretty much oil in any orifice you are comfortable putting it in (and even some you are not so comfortable putting it in) is ayurvedically recommended this time of year!

ayurvedic tip

From Ayurvedic expert John Joseph Immel, Founder of Joyful Belly

Autumn is a season of deficiency and change, provoking higher stress levels. As leaves fall, nourishing seasonal foods like pumpkin and nutmeg to soothe the nervous system help us weather the change. Cooked pumpkins are soft and comforting. Both sedatives, pumpkin and nutmeg together reduce stress. According to Ayurveda, keeping the nervous system stable through fall is our number one tool for maintaining strong immunity and staying healthy.

In fall when the temperature starts to drop, the body scrambles to protect itself from heat loss. Nourishing foods seem all the more enticing while helping refortify deficient tissue, thicken the skin, and insulate from the cold. Pumpkins, ghee, almonds and sugar all build ojas in time for the coming winter. Ojas is Ayurveda's word for a nourishment.

In addition to nourishing tissue, pumpkin chai is also a rasayana (meaning tonic). Pumpkins are orange because of beta-carotene, a precursor to Vitamin A. Beta-carotene, also in carrots, encourages healing through rejuvenation and regeneration of tissue. Orange foods with beta-carotene are generally liver tonics that clear any residue of high pitta from the summer. They also purify the blood and soothe the eyes. The cooling demulcent and laxative properties of pumpkin soothe the GI tract.

Spices make these heavy ingredients lighter for digestion and pumpkins a bit less gassy. While all spices stimulate circulation, cloves specifically move heat to the surface of the body, warming up cold extremities.

Below is a more complete list of Winter foods, and below that my most common winter recipes. Please enjoy and eat in love and light, mindfulness and thankfulness. May you be well nourished . . .



Bobbi Misiti
 2201 Market Street
 Camp Hill, PA 17011
 717.443.1119 befityoga.com

THE 3-SEASON DIET GROCERY LIST – WINTER

(November-February) Though these are not the only items you can eat, they are the most beneficial foods for this season.

VEGETABLES	FRUIT	SPICES	LEGUMES	BEVERAGES
Artichokes, hearts	Apples, cooked	*Anise	Mung – split, yellow	Alcohol (moderation)
*Avocadoes	Apricots	*Asafetida	Tofu	Black Tea (moderation)
*Beets	*Bananas	*Basil		Coffee (moderation)
*Brussels Sprouts	Blueberries	Bay Leaf		Water (warm or hot)
*Carrots	Cantaloupe, w/lemon	*Black Pepper		
*Chilies	Cherries	Caraway		
Corn	Coconuts, ripe	*Cardamom	NUTS & SEEDS	HERB TEAS
Fennel	Cranberries, cooked	Cayenne	*Almonds	*Cardamom
Eggplant, cooked	*Dates	Chamomile	*Brazil Nuts	*Chamomile
*Garlic	*Figs	*Cinnamon	*Cashews	*Cinnamon
Ginger	*Grapefruit	Clove	Coconuts	*Cloves
Hot Peppers	*Grapes	Coriander	*Filberts	*Ginger
Leeks	Guava	*Cumin	*Flax	*Orange Peel
Okra	*Lemons	Dill	Lotus Seed	
Onions	*Limes	*Fennel	*Macadamias	
Parsley	*Mangoes	Fenugreek	*Peanuts, raw	SWEETENERS
Potatoes, mashed	Nectarines	Garlic	*Pecans	Honey - Raw
*Pumpkins	*Oranges	*Ginger	*Pinons	*Maple Syrup
Seaweed, cooked	*Papayas	Horseradish	*Pistachios	*Molasses
Squash, Acorn	Peaches	Marjoram	Sunflower	Raw Sugar
*Squash, Winter	Pears, ripe	Mustard	*Walnuts	*Rice Syrup
*Sweet Potatoes	*Persimmons	Nutmeg		Mint
*Tomatoes	Pineapples	Oregano	MEAT & FISH	GRAINS
Turnips	Plums	Peppermint	*Beef	*Amaranth
	Strawberries	Poppy Seeds	*Chicken	Buckwheat (moderation)
	*Tangerines	Rosemary	*Crabs	Millet (moderation)
OILS		*Saffron	*Duck	*Oats
*Almond	DAIRY	Sage	*Eggs	*Quinoa
*Avocado	*Butter	Spearmint	*Freshwater fish	Rice
*Canola	*Buttermilk	Thyme	*Lamb	*Rice, Brown
*Coconut	*Cheese	*Turmeric	*Lobster	Rye (moderation)
Corn	*Cottage cheese		*Ocean Fish	*Wheat
*Flax	*Cream	CONDIMENTS	*Oysters	
*Mustard	*Ghee	Carob	*Pork	
*Olive	*Kefir	Chocolate	*Shrimp	
*Peanut	Milk, not cold	Mayonnaise	*Turkey	
*Safflower	Rice/Soy Milk	Pickles		
*Sesame				

*An asterisk means it is best to eat more of this food.

☯ Eat **more** foods that are **Sweet, Sour, Salty / Heavy, Oily, Moist, Hot:**
 such as soups, stews, steamed veggies, warm herbal teas.

☯ Eat **less** foods that are **Pungent (Spicy), Bitter, Astringent / Light, Cold, Dry:**
 such as salads, smoothies, cold foods and beverages, chips and salsa

*Learn more about the
 seasonal diet in
 "The 3-Season Diet"
 by Dr. John Douillard*



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

WINTER BREAKFASTS

Oatmeal

- ¾ cup whole oats
- ¾ cup almond milk
- ¾ water
- Toasted almonds or pecans
- Sucanat
- Cinnamon
- Banana or baked apple

Cook oats in water and almond milk until desired consistency. While oats are simmering toast almonds, by placing on an iron skillet and roasting over medium heat stirring often. When oatmeal is done stir in sucanat and cinnamon top with banana/baked apple and almonds/pecans.

+++++

Yogurt (Plain, organic)

- Papaya and/or mango and/or banana and/or orange or baked apple (baked with cinnamon)
- Pecans, and/or walnuts, and/or almonds
- Drizzle with pure maple syrup

+++++

Apple Crisp

- 2 apples cored and sliced (I like to use 1 granny smith and 1 fuji)
- 1-2 tablespoons Coconut oil (or butter)
- 1 tablespoon sucanat
- 1 tsp cinnamon
- Ground flax seeds (optional)
- Walnuts (optional)
- Handful of oats

Mix cinnamon and sugar and flax seeds with cut apples. Add walnuts and toss again. Top with oats and pats of butter or coconut oil. Bake 30-40 minutes at 350°.

+++++

My own twist on Pumpkin Pie

- 2 Eggs beaten
- 1 cup sucanat (organic unprocessed cane juice evaporated)
- 2 15 oz cans pumpkin (or 1 roasted butternut squash or roasted pumpkin)
- 2 tsp cinnamon
- 1/2 tsp ginger
- 1/4 tsp nutmeg
- 1/2 tsp ground cloves
- 1-1/2 cups almond or coconut milk

Mix together and pour into custard cups. Bake at 450° for 15 minutes then reduce heat 350° and bake for 50 minutes.

This excellent for breakfast topped with toasted pecans or good topped with whipped cream for little 10 year old girls who come from school starving and don't like what their mother has prepared for them ;)

+++++

Eggs ☺ Eggs are ok in moderation in the winter for those who eat them. I cook my eggs in coconut oil and a little butter and churna (vata churna in the winter).

+++++

The perfect recipe for winter pancakes:

Core and slice an apple, sprinkle with cinnamon, bake uncovered for approx. 20-30 minutes at 350°.

You can make your own pancake batter from scratch (or Arrowhead Mills does make a good multi-grain pancake mix)

In your skillet melt coconut oil and/or butter, place slivered almonds in the skillet

Pour your pancake batter over the almonds.

Sprinkle cinnamon on top of your pancakes while they are cooking.



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

Top with the baked apple and drizzle with natural maple syrup.

Pancakes for 2 recipe

3/4 cup flour (you can mix different flours, for ex. buckwheat, whole wheat, white, etc.)

1 3/4 tsp baking powder

1/2 tsp salt

1/2 TBSP sugar

3/4 cup milk

1 egg

1 1/2 TBSP coconut oil

splash vanilla

sift dry ingredients, make well in center and add wet ingredients. Stir gently. Heat coconut oil and butter in a skillet, sprinkle with sliced almonds, pour 1/4 cup pancake mix over almonds, on top of pancake sprinkle with cinnamon. When edges get dry, flip pancake. Repeat above procedure for each pancake.

+++++

Bear Mush Hot Cereal (red winter wheat cereal)

Cook cereal according to package directions (1/4 cup cereal, 1 cup water, simmer 3 mins).

Add in dried fruit of your choice while simmering. Top with walnuts and maple syrup.



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

Winter Mid-Day Main Meals:

Mabon Salad

4 tsp white wine vinegar
¾ tsp ground cumin
¼ cup olive oil
Salt and pepper
Wisk together
Add:
Leaf lettuce
Orange slices halved
Red onion slices
1 avocado sliced
Sunflower seeds or pumpkin seeds or pecans
Toss and enjoy.

Lentil Casserole

1 cup chopped onion
¾ cup dried lentils
¾ cup brown rice
¾ cup shredded sharp cheddar cheese
½ tsp thyme
½ tsp basil
½ tsp oregano
¼ tsp salt
1 clove garlic
1/8 tsp sage
½ cup water
2-1/2 cups vegetable broth
Coat a casserole dish with oil (I use coconut) combine all ingredients, stir well, cover and bake at 350° for 1 to 1-1/2 hours.

+++++

Delicious Dal

2 cups lentils or mung bean
6 cups water
1 inch fresh ginger, grated
Simmer above over low heat until tender, about ½ hour (uncovered)
In skillet heat 4 T ghee
Add 3 chopped garlic cloves
1 onion chopped
Cumin and mustard seeds
Optional: add chilis
Sauté over medium heat until golden
Add onion mixture to dal along with 1 large can chopped tomatoes (or fresh tomatoes cut up)
Salt and pepper to taste
Simmer another 5 minutes serve over rice

Serve with roasted root vegetables:

Cut assortment of vegetables into uniform bite size chunks: potatoes, turnips, rutabagas, fennel, carrots, red beets, sweet potatoes, onions, mushrooms
Combine with olive oil, rosemary, salt and pepper, add broth or wine
Roast in a shallow pan at 375° for up to one hour (depending on size of chunks), turning every 15 minutes. In the last 10 minutes raise the heat to 425° to brown the vegetables.



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

+++++

Avocado-Tomato Salad
One whole avocado cut into chunks
Grape tomatoes
Artichoke hearts or hearts of palm
Fresh mozzarella cheese
Basil
Olive oil
Balsamic vinegar

Lentil Soup
3 cups green lentils (soaked 2-3 hours)
8 cups water
Sea salt
2 TBSP olive oil
1 large onion chopped
3 stalks celery, chopped
4 carrots, chopped
Sliced mushrooms
3 cloves garlic minced
1 can crushed tomatoes with juice
1 can chopped tomatoes with juice
Juice ½ lemon
½ cup sucanat
2 TBSP red wine vinegar
Ground pepper

Place lentils in large pot with water and bring to boil, cover and simmer 20 min. add salt.
Meanwhile heat oil and cook veggies in vata churna until soft.
Add vegetables to lentils and stir to mix. Add tomatoes, lemon juice, sucanat, and vinegar. Season with pepper.
Bring to boil, reduce to simmer, uncovered until lentils are tender.

Five Grain Tempeh
Slice Tempeh into 1" cubes, brown in sesame oil and braggs liquid aminos (or soy sauce).
Serve over brown rice mixed with shiitake or maitake mushrooms cooked in ghee.

+++++

Spiced Pumpkin Soup
8 chamomile tea bags
6-1/2 cups water, divided
1 large red onion, chopped
2 TBSP olive oil
2 cloves garlic minced
1-1/2 TBSP ground cumin
1/8 tsp cayenne pepper
2 TBSP sucanat
1 can (29 oz) pumpkin
Freshly ground salt and black pepper to taste
Bring 4-1/2 cups water to boil; pour over tea bags; cover; steep for 6 minutes
Saute onion in oil over medium-low heat until soft. Stir in garlic, cumin, and cayenne, stirring constantly until mixture is aromatic, about 1 minute.
Stir in tea, remaining 2 cups water, pumpkin, sucanat, and salt. Simmer stirring occasionally about 20 minutes. Season to taste with salt and pepper.

+++++

Enchiladas made with brown rice, cheese, sour cream, black olives, tomatoes, cayenne, cumin, onion, garlic, topped with avocado.



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

Potato Leek Soup

Scrub potatoes (do not peel) cube into small pieces, about 5–6 cups. Slice 2 leeks (I use the greens to, nearly ½ way up to the leaves) Sauté in olive oil. Add potatoes, salt, pepper, cover with water. Bring to a boil and simmer 45 minutes. Mash by hand in the kettle or for smoother soup puree in a blender or processor.

++++
Another dahl recipe . . . (very good for you in the winter!)

Split Moong Dahl

2 servings

- 1/2 cup split moong dahl
- 2 cups water
- 1/2 teaspoon salt
- 1/4 carrot, cut into thin slices
- 1/2 teaspoon fresh ginger root, grated
- 1 teaspoon [Vata Churna](#)
- 1 tablespoon [Ghee](#)
- 1 teaspoon fresh cilantro leaves
- 1/2 teaspoon fresh lemon juice

Rinse dahl in cool water 3 times. Place water, carrots, and dahl in a medium sized pot and bring to a boil. Skim off the foam that forms on the top of the boiling water with a tablespoon and discard.

Lower heat and continue to simmer for 20 minutes, till the dahl is tender. If you want a thicker dahl you can continue boiling for 5 minutes longer. Add the salt. In a separate saucepan melt the ghee. Add the fresh ginger root and sauté for several minutes. Add the Vata Churna and sauté briefly, about 30 seconds, with the ginger root, making sure that the spices do not burn.

Add spice mixture to dahl. The dahl may splash when you add the hot oil to it. Add the fresh cilantro and lemon juice. Stir and serve over rice or as a side soup with your main meal.

1 small spaghetti squash

2 TBSP butter or ghee

½ TBSP minced ginger

Salt/pepper to taste

Honey (about 1 TBSP)

Pre-heat oven to 375 degrees. Slice squash in half, scoop out seeds, place squash in baking dish, and drizzle the butter, ginger and seasonings over. Bake for 45–60 minutes until the squash is al dente. Scoop out squash drizzle honey over and enjoy.

++++

Kale Kavish

¼ cup olive oil

1 bunch of Kale rinsed and finely minced

2 onions chopped

4 cloves of garlic

2–3 red or green bell peppers, diced

4 carrots sliced

¼ cup water

2 cups shredded organic raw goat cheese

Saute onions, garlic, peppers, and carrots in olive oil until softened. Add kale and stir over high heat until kale turns bright green. Then add ¼ cup water and cover to steam for another 5–8 minutes, stirring occasionally.

Top with cheese.

Serve over rice or pasta.

Mushroom Bisque

2 potatoes peeled and diced

1–1/2 cups water

1–1/2 TBSP butter or ghee



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

- 2 cups onion chopped
- 1 stalk celery
- 1-1/2 lbs. mushrooms
- Salt
- 2 cloves garlic, minced
- ¼ tsp thyme leaves
- 1 TBSP dry sherry
- 2 TSBP braggs liquid amino acids or soy sauce
- Black pepper
- 1 cup raw milk or almond milk

Boil the potatoes and water in a small sauce pan until tender, about 10 minutes. Puree potatoes in remaining cooking water.

Heat butter/ghee in large pan over medium heat, sauté onions and celery for 5 minutes. Add mushrooms, salt, garlic, and thyme, cover and simmer, stirring occasionally, for 10 minutes. Turn off heat, add sherry, braggs, and pepper. Puree and return to pot, add milk.

Combine potato and mushroom purees and heat until hot. Top with scallions if desired.

+++++

Rice with yellow split peas and garlic

- 1 cup yellow split peas (soaked for 1 hour or boiled for 2 minutes)
- 2 cups brown basmati rice
- 3 TBSP olive oil
- 1 cinnamon stick
- 1 bay leaf
- 3 cloves
- 3 garlic cloves
- 1 onion sliced
- Sea salt

Rinse the split peas and soak or boil. Drain. Rinse and soak rice for 30 minutes. Drain. Heat oil in large pan. Put in cinnamon stick, bay leaf, and cloves. Stir once. Put in garlic and onion. Saute until light brown. Add drained rice, split peas, and salt. Stir a couple of minutes until rice turns translucent. Add 4 cups water. Bring to boil. Cover and reduce heat to a simmer, cook for 40 minutes or until soft. Remove bay leaf, cinnamon stick, and cloves. Top with cilantro if desired.

Vegetable Soup

Melt ghee, stir in vata churna, in this sauté onions, celery, garlic. Add carrots, bell peppers, peeled cubed sweet potatoes. Add 4 cups water and bring to boil. Reduce to simmer, add cabbage and/or kale and cilantro. Cook until vegetables are tender.

+++++

Butternut Squash Soup

- 1 small onion, chopped
- 2T ghee or butter
- 2c Vegetable Broth (I like the Imagine No-Chicken Broth)
- 1 Butternut Squash cut in half, scoop seeds out and roast at 400° for approx. 1 hour.
- 2 Pears, peeled, cored, and sliced
- 1t thyme leaves
- ¼ t salt
- ¼ t white pepper
- ¼ t ground coriander
- 1c cream or raw milk or almond milk

Cook onion in ghee until tender. Stir in broth, pears, thyme, salt, pepper, and coriander. Heat to boiling; reduce heat, cover and simmer, approx. 10 minutes. Stir in roasted squash. Remove from heat, blend with a submersion blender (or in a normal blender). Return to heat stir in cream or milk. Can top with toasted pecans if desired.



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

Lentil Salad

- 1 large onion, diced
- EV Olive oil
- 2 carrots, cut into small cubes
- 1 1/2 cups dried lentils
- 1/2 tsp thyme
- 3 bay leaves
- 1/4 cup sherry vinegar
- 2 cloves garlic, minced
- 3 TBSP walnut oil
- Salt and Pepper

Sauté the diced onion in EVOO until golden. Add carrots and cook for a few minutes more. Add the lentils, thyme, bay leaves, and enough water to cover, bring to a boil. Reduce heat and simmer 15–20 minutes or until lentils are just tender. Remove from heat and strain in colander. Transfer lentils to a bowl and toss while still hot with vinegar. Stir in the garlic and walnut oil along with salt and pepper. Serve at room temperature.

+++++
Broccoli Cheese Soup

Ingredients:

- 1 tablespoon butter, melted
- 1/2 medium onion, chopped
- 1/4 cup melted butter
- 1/4 cup flour
- 2 cups half-and-half
- 2 cups no-chicken broth by Imagine
- 1/2 pound fresh broccoli
- 1 cup carrots, julienned
- salt and pepper to taste
- 1/4 teaspoon nutmeg
- 8 ounces grated sharp cheddar

Directions:

Saute onion in butter. Set aside. Cook melted butter and flour using a whisk over medium heat for 3–5 minutes. Stir constantly and slowly add the half-and-half (this is called making a roux). Add the broth or stock whisking all the time. Simmer for a few minutes.

Add the broccoli, carrots and onions. Cook over low heat until the veggies are tender for 20–25 minutes. Add salt and pepper. The soup should be thickened by now. Pour in batches into blender and puree or blend with a hand blender.

Return to pot over low heat and add the grated cheese; stir until well blended. Stir in the nutmeg and serve.

+++++
Home made Mac n Cheese

- 3 tbsp. butter
- 1/4 c. flour
- 2 tsp. salt
- 1/2 tsp. dry mustard
- 1/2 tsp. pepper
- 2 1/2 c. milk
- 1/2 lemon
- 2 c. Cheddar/Monterey Jack cheese, grated
- 1/2 cup vintage aged cheddar cheese
- 1 (16 oz.) box elbow macaroni

In large saucepan, melt butter over low heat. Stir in flour, salt, mustard and pepper until smooth; take off heat. Little by little, stir in milk until smooth. Stir constantly for 10 minutes on heat until thick; take off heat. Add 1/2 squeezed fresh lemon juice. Stir in 2 cups Cheddar/Monterey Jack cheese until melted. Put cooked macaroni in a greased casserole dish, pour cheese mixture over and mix well. Sprinkle vintage aged Cheddar cheese on top. Bake at 375 degrees for 20 minutes.

+++++
Autumn Squash Pasta

- 3–4lb acorn or butternut squash
- 1 lb ziti or penne pasta (approx.)



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

½ cup olive oil
2 tbsp butter
2-3 large leeks, cleaned and sliced
½ small onion
1 garlic clove, coarsely chopped
Sea salt and fresh ground black pepper
½ cup dry white wine
1/3 cup pecorino cheese freshly grated

Preheat oven to 350° F. Cut the squash in half; scoop out and discard seeds. Place squash, cut side down, in 1" water in a 13x9 glass dish, bake for 45-50 minutes or until tender. Set aside until cool enough to handle. Meanwhile cook the pasta in boiling salted water for 2-3 minutes less than the cooking time. Drain and set aside.

Heat the oil and butter in a large iron skillet over low heat. Add the leeks, onion, garlic, salt and pepper. Saute until the leeks have become pliable, making sure the garlic does not burn. Add the squash and wine, stirring until a thick sauce forms. Fold in the cooked pasta—add it slowly depending on how big the squash was you may not need all the pasta, taste and adjust seasonings. Spoon into the same glass dish; sprinkle with cheese.

Bake 15-20 minutes, or until the cheese browns.

Mustard Kohlrabi

4 to 6 medium kohlrabi with leaves
2 tablespoons butter
1 tablespoon prepared mustard and/or dijon mustard
1/2 teaspoon salt

Trim off root ends and vinelike stems from kohlrabi. Wash and pare. Cut into 1/4 inch slices. Pull the leaves off the stems, roll them up together and slice them thinly. Heat 1 inch salted water (1/2 teaspoon salt to 1 cup water) to boiling. Add kohlrabi. Cover and heat to boiling; reduce heat. Boil until tender, about 20 minutes, half way through boiling time add the leaves (the leaves are my favorite part, many people discard them!). Drain. Stir in butter, mustard, and salt. Cook briefly, turning slices, until golden brown.



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

Winter Light Suppers

Roasted Kale

Roasted Kale with Sea Salt

- 4 cups firmly-packed kale
- 1 Tbsp. extra virgin olive oil
- 1 tsp. good-quality sea salt

Preheat oven to 375 degrees F. Wash and trim the kale: Peel off the tough stems by folding the kale leaves in half like a book and stripping the stems off. Toss with extra virgin olive oil. Roast for five minutes. Turn kale over. Roast another 7 to 10 minutes until kale turns brown and becomes paper thin and brittle. Remove from oven and sprinkle with sea salt. Serve immediately.

Makes 2 servings.

Per serving: 186 calories, 14 g fat (2 g saturated fat), 0 mg cholesterol, 13 g carbohydrate, 3 g fiber, 4 g protein, 412% vitamin A, 268% vitamin C, 18% calcium, 13% iron

Kale is one of the healthiest foods around. It's full of vitamins A, C and K, and it is a great source of manganese, calcium and iron. It also has no cholesterol and offers a nice serving of fiber and protein.

The problem is kale is much tougher than other leafy greens, like swiss chard, collard greens and spinach.

Hence, it isn't as versatile for cooking. It doesn't work as well in salads or sauces, for example, as spinach or swiss chard.

That's probably also why most recipes for kale are for soups or stir fries. This recipe breaks that mold. The kale comes out of the oven crispy and salty, giving it an almost fried-like texture. The result is a great way to get kids (and grown-ups alike) to eat this super-nutritious vegetable.

+++++

Brussel Sprouts

Fresh brussel sprouts quartered

Olive oil

Mix together and broil, top with a little fresh parmesan/pecorino and broil a little longer

OR

Steam brussel sprouts and toss with butter and lemon.

+++++

Butternut Squash

Roast squash at 350° for approx. 1 hour. Cut in half and scoop out seeds. Mash with a little butter and sprinkle with sucanat, cinnamon, and nutmeg.

+++++

CARROT AND GINGER SOUP

6 tbsp. ghee

Vata churna

1 lg. yellow onion, chopped

1/4 c. finely chopped ginger root

3 cloves garlic, minced

7 c. vegetable stock (in lieu of making your own I found Imagine No-Chicken broth to be my favorite)

1 c. dry white wine

1 1/2 lb. carrots, peeled, cut into 1/2" pieces

2 tbsp. fresh lemon juice

Pinch curry powder

Salt & ground pepper

Snipped fresh chives or parsley

1. Melt ghee in large stock pot over medium heat. Add onion, ginger and garlic; sauté for 15-20 minutes.

2. Add the stock, wine and carrots. Heat to boiling. Reduce heat and simmer uncovered over medium heat until the carrots are very tender, about 45 minutes.

3. Puree the soup with a hand/submersion blender or for smoother soup in a blender or processor. Season with lemon juice, curry powder, salt and pepper to taste. Sprinkle with chives or parsley.

+++++



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

Winter Vegetable Soup

- ½ cup sweet potatoes
- ½ cup squash
- ½ cup peas
- ¼ cup beets
- ¼ cup beet greens
- Chilies
- Spices to taste: cumin, ginger, tumeric, pepper, fenugreek
- Salt
- 2 cups water

Creamy Squash Soup

- 1 acorn squash or small butternut
- 3 TBSP ghee or butter
- 1/8 tsp each: cinnamon powder, ginger powder, cardamom, nutmeg, saffron
- 2 cups chopped onion
- 1 carrot diced
- 1 potato diced
- 1 apple peeled, cored, and chopped
- 3 ½ cups water
- 1 cup almond milk (or milk or cream)
- ½ cup apple cider
- Salt and pepper to taste

Clean the squash, cut in half and scoop out seeds. Place it cut side down on a lightly oiled baking pan, cover and bake at 350° about one hour.

Sauté the spices in ghee, add the onion and sauté until translucent. Add carrots, potatoes, apples, and water. Bring to boil, simmer covered about 20 minutes or until vegetables are tender.

When the baked squash has cooled scoop out the soft insides and add to the soup. Add the milk and cider. Blend with a hand blender to your desired consistency (smooth or chunky) add salt and pepper to taste, more cinnamon if necessary.

[Borscht](#)

What you need:

- 1 large onion
- Olive oil
- 3 medium beets, peeled and diced
- 14 ounces no-chicken broth by imagine
- Greek or plain whole-milk yogurt (mix the latter with sour cream)

What you do: Chop onion, and sauté in 1 tablespoon olive oil until golden. Add beets, broth, and ½ teaspoon salt. Bring to a boil. Reduce heat, and simmer 20 minutes, or until beets are tender. Puree mixture in a blender until smooth. Whisk ½ cup hot soup into 1 cup yogurt, and stir yogurt mixture into soup, until well-blended. Serves 4.