



time to eat

Ayurvedic theory says that regular meals keep the digestive fire stoked.

Last year, after some heavy heartache and several months on the “breakup diet,” I found myself unable to face another handful of trail mix and in dire need of some home cooking. I

signed up for a series of conscious-cooking classes taught by San Francisco chef and yoga instructor Jeremy Moran and certified Ayurvedic practitioner Abbie Scianamblo, and set about rebuilding my relationship with food.

At the height of my breakup malaise, I would often forget to eat until late afternoon, when I’d begin grazing. But the classes, founded on the Ayurvedic practice of food *sadhana* (a mindful approach to procuring, preparing, and eating food), encouraged sticking to regular mealtimes. Ayurveda, literally translated as “the science of life,” emphasizes the importance of rhythm and awareness when it comes to food, to keep the *agni* or “digestive fire” burning.

According to Pratima Raichur, owner of Pratima Ayurvedic Spa in Manhattan, digestion is at its peak between noon and 1 p.m. As the sun begins to set, our digestive fire cools, so it’s best to eat lighter meals in the evening, and not after 7 p.m. if possible. “If we don’t digest properly, we don’t get the nutrients we need,” says Raichur, adding that eating according to our body’s rhythms keeps us feeling strong and healthy and can help us sleep better, too.

Summer, with its bounty of fresh produce, is the perfect time to make regular meals a priority rather than squeezing them in or skipping them entirely. Combine fresh vegetables with a quick-cooking grain like quinoa for a wholesome meal that leaves you plenty of time to savor it. AMELIA GLYNN

quinoa summer pilaf

MAKES 4 SERVINGS

This *kapha*-calming recipe is courtesy of chef Jeremy Moran. Omit tomatoes to calm *vata*; substitute brown rice for quinoa to calm *pitta*.

- 1 cup quinoa
- 2 cups water
- 2 tablespoons olive oil
- 2 teaspoons minced fresh garlic
- ½ bunch asparagus, sliced
- ½ cup fresh corn kernels
- 1 cup sweet cherry tomatoes, halved
- 2 tablespoons fresh lemon juice
- Salt and freshly ground pepper to taste
- 1 tablespoon julienned basil leaves

- 1 Rinse the quinoa and place it in a saucepan with the water. Bring to a boil. Reduce heat, cover, and simmer 15 minutes or until water is absorbed.
- 2 Meanwhile, heat the olive oil in a small sauté pan over medium-low heat. Add garlic and cook for 1 minute until fragrant. Stir in the asparagus and cook until tender, 3 to 4 minutes.
- 3 Take pan off the heat and stir in the corn, tomatoes, and lemon juice. Season mixture to taste with salt and pepper and stir into the quinoa. Garnish with basil.



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