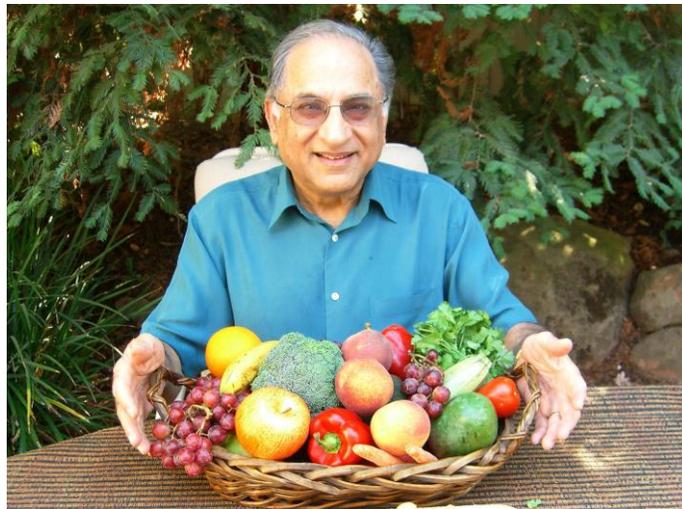


EatingGreen™ Recipes



Mother's Day for Mother Earth.

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Information is provided for informational purposes only and is not intended as a substitute for the advice provided by your physician or other healthcare professional. You should always consult with your physician or other healthcare professional before changing your diet.

What can we and our families do to personally contribute to the 'global green' movement? Based on the adage, "Think Globally, Act Locally," the EatingGreen™ program asks that you pledge to **eat one day a month** raw foods – foods that have been minimally processed after harvesting. This means only 'raw' vegetables, fruits, nuts, seeds, honey, and water from the tap. EatingGreen™ would save a significant amount of energy used to commercially process the food, as well as for home and restaurant cooking. EatingGreen™ would also reduce the waste associated with the disposal of processed food packaging – glass, plastic, paper, and metal. The guidelines for your green day are:

- No electrical appliances – refrigerator, oven, blender, juicer, food processor, coffee maker, stove, or oven. OK to use mortar, pestle, and manually operated kitchen devices
- No wood fires, gas burners, microwave oven, or barbecues, remember no cooking; OK to use solar cooking equipment
- Wash all dishes by hand, OK to use detergent and hot water
- No disposable plates or cups
- No bottled water, no soft drinks, no alcohol, no coffee or tea (except sun tea); this is the opportunity to drink just water or hand squeezed juices

Remember, you and your family will be making a statement that you do care about our beautiful planet.

Menu Plan: The typical menu for the day would include:

- **Breakfast:** Orange or grapefruit juice using a manual squeezer, mixture of fresh fruits and raw nuts and seeds.
- **Lunch and Dinner:** Salad and fresh fruit and raw nuts and seeds.
- **Dessert:** Dried fruits, nuts, and seeds truffles or fresh fruit with honey.
- **Snack:** Fresh vegetables and fruit, raw nuts and seeds, absolutely no energy bars or candy.

Because the program does not include milk, coffee, or tea (except sun tea), make sure to drink your water – no ice.

It is important that you use seasonal fruits and vegetables, out of season fruits and vegetables transported long distance, especially from foreign countries, resulting in extensive energy use for shipment and storage. When possible, shop at a local farmer's markets. Remember, the primary objective of the program is to minimize the use of energy – reduce your carbon foot print.

Salads: Iceberg lettuce has very low nutritional value. It is best to use a mixture of darker greens -- arugula, chard, endive, escarole, kale, parsley, spinach, radicchio, watercress, and a variety of fresh herb. My preference is to rinse the greens in cool water and then spin dry using a *manual* salad spinner.

Nuts and Seeds: The nutrition and taste of your salad is enhanced with raw whole nuts -- walnuts, peanuts, almonds, pecans, pistachios, and raw seeds -- pumpkin and sunflower. When possible, buy the nuts whole and then personally crack them for your enjoyment.

Fruits: Both fresh and dry fruits provide added nutrition and texture. Dry figs, apricots, cranberries, raisins, and pitted dates add sweetness and necessary fiber to the dishes. In the recipes below, we have purposely excluded mango and pineapple because these are not grown on the mainland, are shipped from faraway places. Of course, if you are in Hawaii, you are welcome to use the locally grown mangoes and pineapple.

Fennel Bulb: Fennel, a whitish or pale green color bulb with long stalks topped with feathery greens, is crunchy, slightly sweet, and has the delightful aroma of light licorice. The bulb, stalk, and leaves are all edible. The bulb should be firm without signs of splitting, bruising or spotting. Wash and pat dry the bulb, trim off the root end and cut the stalks away from the bulb. Slice the bulb in half vertically and remove the hard core from each half. Rinse the fennel halves to remove any dirt. The bulb can now be sliced, diced or grated.

Jicama: Pronounced *hee-kah-mah*, an underground tuber, is a native of Mexico and Central America. Usually the size of a large turnip, has crisp white flesh under a fibrous skin, which must be peeled off. Though it can be steamed, baked, or boiled, the best way is to eat it raw. Or, simply squeeze lime juice over the sticks, a few shakes of kosher salt, crushed cumin seeds, red pepper flakes, and enjoy.

Herbs: It is best to use fresh herbs when possible for their greater aroma, taste, and mouth feel. Each year I grow five to seven herbs -- basil, oregano, tarragon, thyme, rosemary, sage, and mint. Herbs are easy to grow and last all of spring, summer and early fall; make sure to use an organic fertilizer.

Salad Dressing: Most commercial dressings are a nutritional disaster -- too much fat, too much salt, added sugar, and many 'chemical' ingredients. For this program, you need to make your own salad dressing, it takes only a few minutes and you actually lose a few calories chopping, mixing, and whisking the ingredients! Also, our dressings don't include any oil.

Lemon Cucumber Water: This is a refreshing drink; remember, for the EatingGreen™ day, no ice in the drink please.

½ gallon water (eight 8-ounce glasses)
1 lemon or lime sliced, discard seeds
1 small cucumber, peeled, seeded, sliced
8 to 10 mint leaves

Combine all ingredients in a suitable container; if you must, add up to 1 tablespoon of honey; stir, store covered in a cool place. Enjoy.

Salad Dressings

The recipes below are for a serving of four salads, if preparing fewer servings, reduce the quantities accordingly. For best results, first prepare the dressing and let it rest while preparing the salad ingredients.

Strawberry Dressing, Serves 4

¼ cup strawberries, hulled, diced, and crushed
1 lemon, lime, or half orange, juiced manually
1 to 2 tablespoons water
1 tablespoon minced fresh herb of choice
½ teaspoon honey, room temperature
½ teaspoon kosher salt
½ teaspoon mustard seeds, crushed
¼ teaspoon red pepper flakes

In a bowl combine all ingredients and whisk to form a smooth sauce, may need to use a bit of water if too thick.

Avocado Dressing, Serves 4

1 medium ripe avocado, pitted, diced, and mashed
2 tablespoons fresh lime or lemon, juiced manually
2 tablespoons water
½ teaspoon cumin seeds, crushed
½ teaspoon mustard seeds, crushed
½ teaspoon kosher salt
½ teaspoon honey, room temperature

In a bowl, combine all ingredients and stir well; if too thick add 1 tablespoon water at a time and stir.

Orange Juice Dressing, Serves 4

- 1 teaspoon orange zest
- 1 orange, juiced manually
- 1 lemon, juiced manually
- 1 tablespoon minced herb of choice
- 1 teaspoon Italian seasoning, salt free
- ½ teaspoon honey, room temperature
- ½ teaspoon mustard seeds, crushed
- ½ teaspoon kosher salt

In a jar with a tight fitting lid, combine all ingredients and shake well.

Blueberry Dressing, Serves 4

- ¼ cup blueberries, diced, crushed
- 1 lemon, lime, or half orange, juiced manually
- 1 to 2 tablespoons water
- 1 tablespoon minced fresh herb of choice
- ½ teaspoon honey, room temperature
- ½ teaspoon mustard seeds, crushed
- ½ teaspoon kosher salt
- ¼ teaspoon red pepper flakes

In a bowl combine all ingredients and whisk to form a smooth sauce, may need to use a bit of water if too thick.

Mixed Herb Dressing, Serves 4

- ½ cup mixed herbs (sweet basil, rosemary, sage, thyme, mint...)
- 1 lemon, lime, or half orange, juiced manually
- 1 to 2 tablespoons water
- ½ teaspoon honey, room temperature
- ½ teaspoon mustard seeds, crushed
- ½ teaspoon kosher salt
- ¼ teaspoon red pepper flakes

Mince herbs as fine as possible. In a bowl combine all ingredients and whisk to form a smooth sauce, may need to use a bit of water if too thick.

Salad Recipes

For any of the salad recipe below, no specific dressing is suggested. The dressing recipes above provide you a wide selection. In all of the recipes below, feel free to adjust ingredient quantities to suite your taste.

Fruit Salad, Serves 4

- 2 bananas, peeled and sliced
- 8 ounces strawberries, hulled and sliced
- 1 cup apple, diced
- 4 medium size peaches or nectarines, pitted and sliced
- 4 ounces seedless grapes
- ½ cup chopped raw walnuts
- 1 teaspoon fresh mint, minced
- 4 tablespoons dressing of your choice

In a large bowl combine all salad ingredients and toss well.

Spinach and Fennel Salad, Serves 4

- 8 ounces baby spinach, about four handfuls
- 2 oranges
- 1 medium size fennel bulb, trimmed, and sliced
- 1 medium ripe avocado, pitted, and diced
- 1 pear, cored and sliced
- 4 tablespoons raw pumpkin seeds
- 1 tablespoon sesame seeds
- 4 tablespoons dressing of your choice

Peel the oranges, slice in thick circles, stack the circles and then slice through to cut in half. In a large bowl combine all salad ingredients and toss well.

Promise Salad, Serves 4

- 6 ounces lettuce (not iceberg)
- 2 ounces baby spinach
- 2 medium carrots, peeled and sliced thin
- 2 stalks celery, sliced ½ inch thick
- 1 medium avocado, pitted, and diced
- 1 small pear or apple or plum, cored, and sliced
- 3 tablespoons raw sunflower seeds
- 2 heaping tablespoon dried cranberries
- 2 tablespoons fresh herb (from your herb pot)
- 4 tablespoons dressing of your choice

In a large bowl combine all salad ingredients and toss well.

Field Greens and Mushroom Salad, Serves 4

8 ounces Arugula or mixed field greens, about four handfuls
8 medium-size Cremini mushrooms, stemmed, and sliced thin
1 small cucumber, peeled and sliced
½ cup diced sweet onion
¼ cup raw almonds, rough chop
2 tablespoons raw pumpkin seeds
4 tablespoons dressing of your choice

In a large bowl combine all salad ingredients and toss to coat the fruit pieces.

Fennel Salad, Serves 4

1 fennel bulb, trimmed and diced
1 small cucumber, peeled and diced
2 cups broccoli, cut into small pieces
2 celery stems, diced
2 tablespoons raw walnuts, chopped
2 tablespoons raw pumpkin seeds
4 tablespoons dressing of your choice

In a large bowl combine all salad ingredients and toss well.

Purple and Green Cabbage Salad, Serves 4

4 ounces purple cabbage, julienned, about two handfuls
4 ounces green cabbage, julienned, about two handfuls
1 carrot, peeled and grated
1 medium cucumber, peeled and diced
1 pear or apple, cored, and sliced
4 tablespoons raw pecans, chopped
1 tablespoon sesame seeds
4 tablespoons dressing of your choice

In a large bowl combine all salad ingredients and toss well.

Bok Choy Salad, Serves 4

8 ounces baby bok choy, stemmed, torn into bite size pieces, well rinsed
2 ounces baby spinach
1 medium cucumber, peeled, seeded, sliced
1 cup radish (long white variety), peeled and sliced thin
1 medium tomato, diced
2 tablespoons raw sunflower seeds
2 tablespoons raw pumpkin seeds
1 heaping tablespoon dried cranberries
2 tablespoons fresh herb (from your herb pot)
4 tablespoons dressing of your choice

In a large bowl combine all salad ingredients and toss well.

Protein Supplement

Because there is no meat, fish, poultry, dairy in our recipes, you may wish to supplement the protein intake by adding additional amounts of one or more of the following to your meals or as a snack.

Almonds	1 OZ, 6g Protein
Cashews	1 OZ, 5g Protein
Peanuts	1 OZ, 7g Protein
Pistachio	1 OZ, 6g Protein
Pumpkin Seeds	1 OZ, 5g Protein
Sesame Seeds	1 OZ, 6g Protein
Sunflower Seeds	1 OZ, 6g Protein
Walnuts	1 OZ, 4g Protein

Snack

For mid-morning, afternoon or evening snack, consider mixing one or more of the nuts and seeds listed above with a few dates, dried figs, and dried apricots (look for no added sugar variety).

Desserts

Pecan Truffles, Makes 6

- 2 tablespoons pecans, minced
- 1 tablespoon raw pumpkin seeds, minced
- 1 tablespoon dried cranberries, minced
- 6 to 8 pitted dates, minced
- 4 dried figs, minced
- 1 generous teaspoon honey, room temperature
- 1 tablespoon sesame seeds

Note: It is important that all ingredients be minced fine.

In a bowl, combine and mix all ingredients except sesame seeds, let the mixture rest for 5 minutes. Moisten your hands and shape the mixture into one inch balls. Roll each ball in sesame seeds to coat evenly.

Peanut Truffles, Makes 6

- 2 tablespoons shelled raw peanuts, minced
- 1 tablespoons dried cranberries, minced
- 6 to 8 pitted dates, minced

4 dried figs, minced
1 tablespoon raisins, minced
1 generous teaspoon honey, room temperature
½ teaspoon ground cinnamon
2 tablespoons raw sunflower seeds, minced

Note: It is important that all ingredients be minced fine.

In a bowl, combine and mix all ingredients except sunflower seeds, let the mixture rest for 5 minutes. Moisten your hands and shape the mixture into one inch balls. Roll each ball in sunflower seeds to coat evenly.

Walnut Truffles, Makes 6

2 tablespoons raw walnuts, minced
1 tablespoons dried cranberries, minced
6 to 8 pitted dates, minced
4 dried figs, minced
1 tablespoon raisins, minced
1 generous teaspoon honey, room temperature
½ teaspoon freshly grated nutmeg
2 tablespoons raw sunflower seeds, minced

Note: It is important that all ingredients be minced fine.

In a bowl, combine and mix all ingredients except sunflower seeds, let the mixture rest for 5 minutes. Moisten your hands and shape the mixture into one inch balls. Roll each ball in sunflower seeds to coat evenly.



Truffles

Easy Mix N' Match Salad, One Serving

To prepare your salad, select one item from each column, adjust quantities to match the number of servings desired; feel free to adjust ingredient quantities to suite your taste. Make sure to use only raw nuts and seeds. If you are growing any herbs, add about one tablespoon of minced fresh herbs of your choice to the salad; your taste buds will thank you. Combine the salad ingredients in a bowl, toss well; use any dressing (see recipes above).

Green Leaves	Vegetables	Fruits	Raw Nuts & Seeds	Dressing
Spinach About 2 handfuls, about 2 ounces	Red, Yellow, or Green Bell Pepper ½ cup, sliced	Dried Apricots, Figs, Pitted Dates, or Cranberries 2 tablespoons, chopped	Walnuts 2 tablespoons chopped	Strawberry Dressing 2 tablespoons
Field Greens About 2 handfuls, about 2 ounces	Carrots or Cucumber ½ cup, sliced or grated (No baby carrots)	Peach, Apricot, Nectarine, or Melon ½ cup, diced	Pumpkin Seeds 2 tablespoons	Pumpkin Seed Dressing 2 tablespoons
Romaine About 2 handfuls, about 2 ounces	Cauliflower or Broccoli ½ cup, chopped	Blackberries, Blueberries, Strawberries ½ cup	Sunflower Seeds 2 tablespoons	Avocado Dressing 2 tablespoons
Boston Lettuce About 2 handfuls, about 2 ounces	Mushrooms ½ cup, sliced	Seedless Grapes ½ cup	Pecans 2 tablespoons chopped	Orange Juice Dressing 2 tablespoons
Watercress 1 Cup, combine with 1 cup of any other green leaves	Jicama or Fennel Bulb ½ cup, sliced	Apple, Pear, or Kiwi ½ cup, diced	Almonds 2 tablespoons chopped	Blueberry Dressing 2 tablespoons
Radicchio 1 Cup, diced, combine with 1 cup of any other green leaves	Tomatoes ½ cup, diced	Avocado ½ small, diced or sliced	Almonds or Walnuts 2 teaspoons Chopped	Mixed Herb Dressing 2 tablespoons

Feedback Request

As you enjoy your green day, we would appreciate receiving feedback on your experience. Suggestions are welcome. Use the FEEDBACK button on our website.

Eating Green Dishes



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Enjoy