

Eating Green

Plant-Based Recipes



*Gopal Kapur Shopping at Farmer's Market, Sacramento, CA
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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 your physician or healthcare professional before changing your diet.

The Cover Photo

I was honored to be featured in the Rotarian magazine that described the Eating Green program, which asks that you pledge to eat at least one day a month only foods that have been minimally processed after harvesting – raw vegetables, fruits, nuts, seeds, honey, and water from the tap.

Eating Green

What can we and our families do to contribute to the 'global green' movement? Based on the adage, "Think Globally, Act Locally," the Eating Green program asks that you pledge to eat raw foods that have been minimally processed after harvesting *at least once a month*. This means only raw vegetables, fruits, nuts, seeds, honey, and water from the tap. Eating Green would save a significant amount of energy used to commercially process the food, as well as for home and restaurant cooking. Eating Green 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 ovens, or barbeques; remember, no cooking. It's 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 fruit juices.

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

Menu Plan

The typical menu for the day would include the following:

- **Breakfast:** Orange or grapefruit juice using a manual squeezer, a mixture of fresh fruits, raw nuts, and seeds.
- **Lunch and Dinner:** Salad of greens, vegetables, fresh fruit, and raw nuts and seeds.
- **Dessert:** Dried fruits, nuts, seeds, truffles (see recipes), or fresh fruit.
- **Snack:** Fresh vegetables and fruit, raw nuts and seeds, 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.

Best to use seasonal fruits and vegetables, out of season fruits and vegetables are transported a long distance, especially from foreign countries, resulting in extensive energy use for shipment and storage. When possible, shop at a local

farmer's market. Remember, the program's primary objective is to minimize energy use – reduce your carbon footprint.

Salads

Iceberg lettuce has 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 herbs. I prefer to rinse the greens in cool water and then spin them dry using a *manual* salad spinner.

Nuts and Seeds

The nutrition and taste of your salad are enhanced with raw 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, prunes, 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 and are shipped from faraway places. Of course, if you are in Hawaii, you are welcome to use locally grown mangoes and pineapple.

Herbs

It is best to use fresh herbs when possible for their greater aroma, taste, and mouthfeel. 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.



Lemon Cucumber Water

This is a refreshing drink; remember, for Eating Green 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, and sliced
8 to 10 mint leaves

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

Salad Dressings

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 salad dressing, it takes only a few minutes, and you lose a few calories by chopping, mixing, and whisking the ingredients! Also, our dressings don't include any oil.

The recipes below are for four servings; if preparing fewer servings, reduce the quantities accordingly. For best results, prepare the dressing first 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 (optional)

In a jar with a tight-fitting lid, combine all ingredients and shake well. You may need to add 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
¼ teaspoon red pepper flakes (optional)

In a jar with a tight-fitting lid, combine all ingredients and shake well. You may need to add a bit of water if too thick.

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
- ¼ teaspoon red pepper flakes (optional)
- ¼ teaspoon red pepper flakes (optional)

In a jar with a tight-fitting lid, combine all ingredients and shake well. You may need to add a bit of water if too thick.

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 jar with a tight-fitting lid, combine all ingredients and shake well. You may need to add a bit of water if too thick.

Mixed Herb Dressing, Serves 4

Use any combination of herbs of your choice: cilantro, mint, oregano, rosemary, sage, sweet basil, and thyme. Mince well.

- ½ cup mixed herbs
- 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 (optional)

In a jar with a tight-fitting lid, combine all ingredients and shake well. You may need to add a bit of water if too thick.

Salad Recipes

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

Fruit Salad, Serves 4

- 2 bananas, peeled and sliced
- 8 ounces strawberries, hulled and sliced
- 1 cup apple, diced
- 4 medium-sized 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-sized 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 them into thick circles, stack them, and then slice through to cut them 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 tablespoons dried cranberries
- 2 tablespoons fresh herb (hopefully, 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-sized 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, and 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, or 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

Snacks

For mid-morning, afternoon, or evening snacks, 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

In the recipes below, all ingredients must be minced fine.

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

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 tablespoon 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

In a bowl, combine and mix all ingredients except sunflower seeds, and 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.

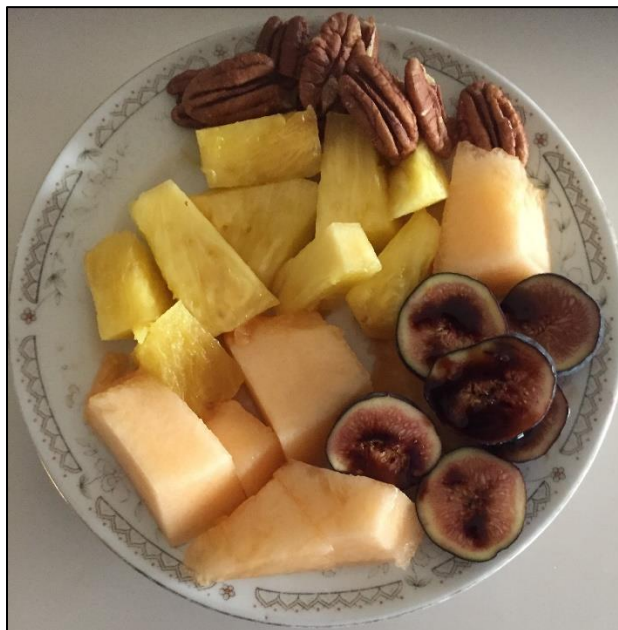
Walnut Truffles, Makes 6

- 2 tablespoons raw walnuts, minced
- 1 tablespoon 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

In a bowl, combine and mix all ingredients except sunflower seeds, and 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



Cantaloupe, Pineapple, Figs, Pecans

Easy Mix N' Match Salad, One Serving

To prepare your salad, select one item from each column, and adjust quantities to match the number of servings desired; feel free to adjust ingredient quantities to suit your taste. 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, and use any dressing.

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	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

Some of Our Dishes

Mother's day for mother earth.

