

Family Green Survival™

Eating Green™

What can we and our families do to personally contribute to the 'global green' movement? Based on the adage: "Think Globally, Act Locally," the Eating Green¹ program asks that you pledge to **eat one day a month** only raw 'green' foods – foods that have been minimally processed after harvesting -- only 'raw' vegetables, fruits, nuts, seeds, honey, and water from the tap. Eating Green would save a significant amount of energy – electricity and gas – used to commercially process and transport the foods, as well as for home and restaurant cooking, and reduce the waste associated with the disposal of processed food packaging – glass, plastic, paper, and metal. The rules are simple for your Eating Green day:

- All food is eaten raw, minimal processing after harvesting
- No wood fires, gas burners, or barbecues, remember no cooking
- No electrical appliances – blender, juicer, food processor, coffee maker, stove, or oven. OK to use mortar, pestle, and manually operated kitchen devices
- Wash all dishes by hand, OK to use detergent and hot water
- No disposable plates, cups, napkins, paper towels, or plastic utensils
- No bottled water, no soft drinks, no alcohol, no coffee or 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:** Hand squeezed orange or grapefruit juice (no electrical juicer), mixture of fruits and a small quantity of raw nuts and seeds
- **Lunch:** Salad and/or fruits and a small quantity of raw nuts and seeds
- **Dinner:** Salad and/or fruits and a small quantity of raw nuts and seeds
- **Dessert:** Dried fruits-nuts-seeds-honey Truffles or fresh fruit dessert
- **Snack:** Fresh vegetables and fruits, dried fruits, raw nuts, and seeds

¹ Always consult with your physician before changing your diet.

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

It is important that you use the fruits and vegetables that are grown in and around your state -- fruits and vegetables that are transported long distance, especially from foreign countries, mean extensive energy use in shipment and storage; visit your local farmers market. Remember, the primary objective of the program is to minimize the use of energy – your carbon foot print.

Salads: Iceberg, most popular lettuce used in salads, has low nutritional value, almost none. It is best to use a mixture of darker greens -- spinach, arugula, radicchio, escarole, watercress, endives, parsley, cilantro, and basil. My preference is to rinse the lettuce in cool water and then spin dry it using a *manual* salad spinner. Typical single serving of lettuce is between 2 to 3 ounces, about two handfuls.

Nuts and Seeds: The nutrition and taste of many of the salads is enhanced with small quantities of raw nuts -- walnuts, peanuts, almonds, pecans, pistachios and raw seeds – pumpkin, sunflower, and sesame.

Fruits: Both fresh and dry fruits provide added nutrition and texture. Dry fruits like figs, apricots, cranberries, raisins, and dates add sweetness and necessary fiber to the dishes.

Vinegar: My personal preference is balsamic vinegar as it has a rich aroma and a satisfying taste. Other vinegars that work well include apple cider, rice vinegar, and wine vinegars. Avoid using sweetened and processed vinegars – herb and fruit infused; they don't fit into the program. .

Oil: For all of the vinaigrette recipes included in this program, it is best to use extra virgin cold pressed olive oil or expeller canola oil, these are least processed. Buy the oil in a medium size or small bottle and store it tightly covered in a dark, cool place. Good quality oils can be expensive, but we are going to use small quantities in our recipes.

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. When you purchase, the bulb, it should be firm without signs of splitting, bruising or spotting. Store fresh fennel in the refrigerator crisper for about four days, then it begins to lose its crunchiness and flavor. To prepare, wash and pat dry the fennel, 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. The stalks can be used for soup stock, while the leaves can be minced and used as garnish.

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. Sliced into sticks, jicama is good to scoop guacamole. 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.

Vinaigrettes: Most commercial vinaigrettes and 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 vinaigrette, it takes only a few minutes and you actually lose a few calories chopping, mixing, and whisking the ingredients! Make vinaigrettes in small quantities and most leftovers can be stored in the refrigerator for up to five days. While preparing your salad, prepare the vinaigrette first and let it rest for a few minutes for flavors to develop; if vinaigrette is too tart, reduce the amount of vinegar by 1 teaspoon or add ½ teaspoon honey.

Nimbu Kheera Pani – Lemon Cucumber Water

This is a refreshing drink; remember for the Eating Green Day, no ice in the drink please.

1 gallon water
1 lemon or lime washed, sliced discard seeds
1 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.

Salad Dressings

The vinaigrette recipes below are for a serving of four salads, if preparing only one or two salads, any leftover can be stored in the refrigerator for up to five days. For best results, first prepare the dressing and let it rest while preparing the salad ingredients.

1. Strawberry Vinaigrette, Yield: 4 servings

½ cup strawberries, rinsed, hulled
2 tablespoons extra virgin olive oil
2 tablespoons apple cider vinegar
1 tablespoon minced fresh herb of choice
½ teaspoon crushed black pepper
½ teaspoon honey
½ teaspoon kosher salt
¼ teaspoon red pepper flakes

Dice the berries 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. Taste and adjust seasonings.

2. Raspberries Vinaigrette, Yield: 4 servings

½ cup raspberries, rinsed
2 tablespoons extra virgin olive oil
2 tablespoons vinegar
1 tablespoon minced fresh herb of choice
½ teaspoon crushed black pepper
½ teaspoon honey
½ teaspoon kosher salt
¼ teaspoon red pepper flakes

Dice the berries as fine as possible. In a bowl combine all ingredients and whisk for form a smooth sauce, may need to use a bit of water if too thick. Taste and adjust seasonings.

3. Wine Vinaigrette, Yield: 4 servings

2 tablespoons extra virgin olive oil
2 tablespoons wine vinegar
1 tablespoon minced fresh chives
1 tablespoon minced parsley
1 teaspoon Italian seasoning, salt free
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper

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

4. Pumpkin Seed Vinaigrette, Yield: 4 servings

2 tablespoons extra virgin olive oil
2 tablespoons apple cider vinegar

2 tablespoons raw pumpkin seeds, minced fine
1 tablespoon minced herb of choice
1 teaspoon Italian seasoning, salt free
½ teaspoon honey
½ teaspoon kosher salt

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

5. Orange Juice Vinaigrette, Yield: 4 servings

1 teaspoon orange zest
1 orange, juiced
1 lemon, juiced
2 tablespoons extra virgin olive oil
1 tablespoon minced herb of choice
1 teaspoon Italian seasoning, salt free
½ teaspoon honey
½ teaspoon kosher salt

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

6. Poppy Seed Vinaigrette, Yield: 4 servings

2 tablespoons extra virgin olive oil
2 tablespoons balsamic vinegar
1 tablespoon finely minced sweet onion
1 tablespoon poppy seeds
1 teaspoon mustard seeds, well crushed
½ teaspoon grated ginger
½ teaspoon honey
½ teaspoon kosher salt

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

7. Ginger Vinaigrette, Yield: 4 servings

2 tablespoons canola oil
2 tablespoons rice vinegar (unsweetened)
1 teaspoons soy sauce
½ to 1 teaspoon fresh ginger, grated
1 clove garlic, minced
½ teaspoon honey
½ teaspoon kosher salt

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

8. Honey Mustard Vinaigrette, Yield: 4 servings

2 tablespoons canola oil
1 tablespoon balsamic vinegar
1 tablespoon apple cider vinegar
1 teaspoon mustard seeds, well crushed
1 teaspoon honey
½ teaspoon kosher salt

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

9. Balsamic Vinaigrette, Yield: 4 servings

2 tablespoons extra virgin olive oil
2 tablespoons balsamic vinegar
1 teaspoon mustard seeds, well crushed
1 shallow teaspoon honey
½ teaspoon Pasta Seasoning Blend (Trader Joe's)
¼ teaspoon salt
Pinch red pepper flakes

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

10. Cumin and Coriander Vinaigrette, Yield: 4 servings

3 tablespoons canola oil
2 tablespoons rice vinegar (unsweetened)
1 tablespoon orange juice
1 teaspoon coriander seeds, well crushed
½ to 1 teaspoon ginger, grated
¼ teaspoon cumin seeds, crushed
¼ teaspoons kosher salt
Pinch red pepper flakes

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

11. Walnut Sesame Vinaigrette, Yield: 4 servings

2 tablespoons canola oil
3 tablespoons apple cider vinegar
1 tablespoon sesame seeds, well crushed
1 tablespoon raw walnuts, minced fine
1 teaspoons honey
1 small shallot, minced fine

¼ teaspoon kosher salt
Pinch red pepper flakes

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

12. Cumin Citrus Dressing

2 tablespoons extra virgin olive oil
1 teaspoon lemon zest
3 tablespoons fresh lemon juice
1 teaspoon cumin seeds, lightly crushed
½ to 1 teaspoon grated fresh ginger
½ teaspoon freshly ground black pepper
¼ teaspoon salt

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

13. French Dressing

2 tablespoons extra virgin olive oil
1 tablespoon freshly squeezed lemon juice
1 teaspoon honey
1 clove garlic, peeled, stemmed, and minced
½ teaspoon salt
½ teaspoon sweet paprika
½ teaspoon mustard seeds, well crushed
½ freshly ground black pepper

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

14. Oriental Dressing

2 tablespoons canola oil
1 teaspoon orange zest
1 tablespoon orange juice
1 tablespoon balsamic vinegar
½ to 1 teaspoon freshly grated ginger
1 clove garlic, peeled, stemmed, and minced
1 teaspoon poppy seeds
½ teaspoon honey
½ teaspoon salt
½ teaspoon freshly grated black pepper

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

15. Mango Dressing

- ½ cup mango pulp, diced small
- ¼ cup fresh orange juice
- 2 tablespoons extra virgin olive oil
- 1 to 2 tablespoons fresh lime juice
- 1 teaspoon honey
- ½ teaspoon curry powder
- ½ teaspoon cumin seeds, crushed
- ½ teaspoon red pepper flakes
- ½ teaspoon salt

Combine all ingredients in a mortar, using the pestle crush and combine until smooth. Transfer to a bowl, using a fork or a small whisk, stir for about a minute.

16. Marrakesh Dressing

- 2 tablespoons extra virgin olive oil
- 2 garlic cloves, minced
- 1 lemon, juiced
- ½ to 1 teaspoon fresh ginger, peeled and grated
- 1 teaspoon cumin seeds, crushed
- 1 teaspoon honey
- ½ teaspoon paprika
- ¼ teaspoon red pepper flakes
- ½ teaspoon kosher salt
- ¼ teaspoon ground cinnamon (preferable freshly ground)
- 1 small pinch saffron threads, crushed

In a jar with a tight fitting lid, combine all ingredients and shake well; let rest for 5 to 10 minutes for saffron to release color and aroma.

17. Lemon Honey Dressing

- 2 teaspoon lemon zest
- 3 tablespoons fresh lemon juice
- 1 tablespoon extra virgin olive oil
- 1 teaspoon honey
- ½ teaspoon Dijon mustard
- ½ teaspoon mustard seeds, crushed
- ¼ teaspoon red pepper flakes
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper

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

18. Orange Honey Dressing

1 tablespoon orange zest
3 tablespoons fresh orange juice
1 tablespoon extra virgin olive oil
1 teaspoon honey
½ teaspoon Dijon mustard
½ teaspoon mustard seeds, crushed
¼ teaspoon red pepper flakes
¼ teaspoon salt
¼ teaspoon freshly ground black pepper

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

19. Poppy Seed Dressing

2 tablespoons extra virgin olive oil
2 tablespoons red wine vinegar or balsamic vinegar
1 tablespoon orange marmalade, room temperature
1 tablespoon poppy seeds
1 teaspoon grated fresh ginger
1 garlic clove, minced fine
½ teaspoon salt
½ teaspoon red pepper flakes

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

20. Honey-Lime Dressing

1 teaspoon lime zest
2 tablespoons fresh lime juice
2 tablespoons extra virgin olive oil
2 tablespoons fresh cilantro, minced
1 teaspoon honey
1 garlic clove, minced fine
1 tsp minced green chili, de-veined and seeded
½ teaspoon salt

Easy Mix N' Match Salad One Serving

To prepare your salad, select one item from each column, combine in a bowl, drizzle dressing, and toss well to coat. Make sure to use only raw nuts and seeds. If you are growing any herbs, add about one tablespoon of minced fresh herbs to the salad, you would have delightful aroma and your taste buds will thank you. To dress your salad, choose any of the dressing recipe described above, feel free to adjust ingredient quantities to suite your taste.

Green Leaves	Vegetables	Fruits	Raw Nuts & Seeds
Spinach About 2 handfuls, about 2 ounces	Red, Yellow, or Green Bell Pepper ½ pepper, sliced	Dried Apricots, Dates, or Figs 4 pieces, chopped	Walnuts 2 tablespoons chopped
Field Greens About 2 handfuls, about 2 ounces	Carrots or Cucumber ½ cup, sliced or grated	Mango, Melon or Pineapple ½ cup, diced	Pumpkin Seeds 2 tablespoons
Romaine About 2 handfuls, about 2 ounces	Cauliflower or Broccoli ½ cup, chopped	Blackberries, Blueberries, or Strawberries ½ cup	Sunflower Seeds 2 tablespoons
Boston Lettuce About 2 handfuls, about 2 ounces	Mushrooms ½ cup, sliced	Seedless Grapes ½ cup	Pecans 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
Radicchio 1 Cup, diced, combine with 1 cup of any other green leaves	Tomatoes ½ cup, diced	Avocado ½ small, diced	Sesame or Poppy Seeds 1 tablespoon

Salad Recipes

For any of the salad recipe below, no specific dressing is suggested. Because people have their favorite ingredients and tastes, the variety of dressing recipes above provides you a wide variety to selection; feel free to adjust ingredient quantities to suite your taste.

1. Promise Salad: Serves 4

8 to 10 ounces lettuce, about four handfuls
2 medium carrots, peeled and sliced thin
1 medium avocado, pitted, and diced
1 small pear or apple, washed, peeled, cored, and sliced
6 dry figs, stemmed, sliced thin
2 tablespoons raw walnuts, diced
1 tablespoon raw sunflower seeds
1 heaping tablespoon dried cranberries, chopped
2 tablespoons fresh parsley, minced
Freshly ground black pepper to taste

In a large bowl combine all salad ingredients, drizzle the dressing, and toss well to coat the lettuce pieces. Plate and sprinkle freshly ground black pepper.

2. Spinach and Fennel Salad, Serves 4

8 to 10 ounces baby spinach, about four handfuls
2 oranges
1 medium size fennel bulb, sliced
1 medium avocado, pitted, and diced
1 pear, cored and sliced
1 tablespoon raw pumpkin seeds
1 tablespoon sesame seeds
Freshly ground black pepper to taste

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, drizzle the dressing, and toss well to coat the lettuce pieces. Plate and sprinkle freshly ground black pepper.

3. Fruit Salad, Serves 4

2 bananas, peeled and sliced
8 ounces strawberries, rinsed, hulled, and sliced
1 cup fresh pineapple, diced
4 medium size peaches, rinsed, pitted, and sliced

4 ounces seedless grapes, rinsed
½ cup chopped raw walnuts
1 teaspoon fresh mint, minced
Freshly ground black pepper to taste

In a large bowl combine all salad ingredients, drizzle the dressing, and toss well to coat the fruit pieces. Plate and sprinkle freshly ground black pepper.

4. Field Greens and Mushroom Salad, Serves 4

8 to 10 ounces Arugula or mixed field greens, about four handfuls
8 medium-size Crimini mushrooms, rinsed, pat dried, 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
Freshly ground black pepper to taste

In a large bowl combine all salad ingredients, drizzle the dressing, and toss well to coat the fruit pieces. Plate and sprinkle freshly ground black pepper.

5. Fennel Salad, Serves 4

1 fennel bulb, trimmed, rinsed, and diced
1 small cucumber, peeled and diced
1 cup broccoli, cut into small pieces
2 celery stems, diced
2 tablespoons raw walnuts, chopped
2 tablespoons raw pumpkin seeds
Freshly ground black pepper

In a large bowl combine all salad ingredients, drizzle the dressing, and toss well. Plate and sprinkle freshly ground black pepper.

6. Purple and Green Cabbage Salad, Serves 4

4 to 5 ounces purple cabbage, julienned, about two handfuls
4 to 5 ounces green cabbage, julienned, about two handfuls
1 carrot, peeled and grated
1 medium cucumber, peeled and diced
4 tablespoons raw pecans
1 tablespoon sesame seeds
Freshly ground black pepper to taste

In a large bowl combine all salad ingredients, drizzle the dressing, and toss well. Plate and sprinkle freshly ground black pepper.

7. Spinach and Bell Peer Salad, Serves 4

4 to 5 ounces of baby spinach, about 2 handfuls
1 medium size red bell pepper, seeded and thinly sliced
1 medium size green bell pepper, seeded and thinly sliced
1 medium cucumber, seeded and sliced
1 large tomato, cored and diced
2 tablespoons raw sunflower seeds
Freshly ground black pepper to taste

In a large bowl combine all salad ingredients, drizzle the dressing, and toss well. Plate and sprinkle freshly ground black pepper.

8. Sesame Coleslaw, Serves 4

8 to 10 ounces green cabbage, shredded, about 4 handfuls
1 small red bell pepper, seeded and diced
1 small green bell pepper, seeded and diced
1 small yellow bell pepper, seeded and diced
2 tablespoons sesame seeds
Freshly ground black pepper to taste

In a large bowl combine all salad ingredients, drizzle the dressing, and toss well. Plate and sprinkle freshly ground black pepper.

9. Spinach and Berry Salad, Serves 4

8 to 10 ounces baby spinach, about four handfuls
1 cup strawberries, hulled, thickly sliced
1 cup blueberries
2 tablespoons raw walnuts, chopped
2 tablespoons raw pecans, chopped
Freshly ground black pepper to taste

In a large bowl combine all salad ingredients, drizzle the dressing, and toss well. Plate and sprinkle freshly ground black pepper.

10. Raspberry Spinach Salad, Serves 4

8 to 10 ounces baby spinach, about four handfuls
1 cup fresh raspberries
3 kiwis, peeled and sliced
4 tablespoons raw pecans, chopped

Freshly ground black pepper to taste

In a large bowl combine all salad ingredients, drizzle the dressing, and toss well. Plate and sprinkle freshly ground black pepper.

11. Heirloom Tomato, Serves 4

4 heirloom tomatoes in various colors (if available), cored and sliced ¼" thick
1 bunch basil leaves
Freshly ground black pepper to taste

Arrange the tomatoes and basil leaves, alternating, in a circle; drizzle vinaigrette over the tomatoes and garnish with black pepper.

12. Purple Cabbage and Pineapple Slaw, Serves 4

8 to 10 ounces of purple cabbage, shredded, about four handfuls
1 cup diced pineapple
1 carrot, peeled and grated
4 tablespoons raw pumpkin seeds
3 tablespoons minced cilantro
Freshly ground black pepper to taste

In a large bowl combine all salad ingredients, drizzle the dressing, and toss well. Plate and sprinkle freshly ground black pepper.

13. Green Salad, Serves 4

8 to 10 ounces baby spinach or field greens, about four handfuls
1 large or two medium avocados, peeled, cut into bite size chunks
4 to 6 celery stems, remove strings, cut into bite size chunks
1 cucumber, peeled, cut into bite size chunks
½ cup diced sweet onion
½ cup walnuts or pecans, coarsely chopped

In a large bowl combine all salad ingredients, drizzle the dressing, and toss well. Plate and sprinkle freshly ground black pepper.

14. Vegetable Salad, Serves 4

2 carrots, peeled and shredded
1 cucumber, peeled. Sliced lengthwise, seeded, and grated
1 red bell, seeded, sliced thin
6 radishes, trimmed, sliced
4 scallions, thinly sliced, including the green part
2 tablespoons raw walnuts, chopped

2 tablespoons sesame seeds
½ to 1 teaspoon fresh ginger, grated
8 to 10 fresh basil leaves, torn
Freshly ground black pepper to taste

In a large bowl combine all salad ingredients, drizzle the dressing, and toss well. Plate and sprinkle freshly ground black pepper.

15. Fruit and Nut Salad, Serves 4

1 cup strawberries, hulled and halved
1 cup raspberries
1 cup blueberries
1 cup cantaloupe, peeled and diced
1 pear, cored and diced
1 peach or nectarine, pitted and diced
4 tablespoons raw walnuts, chopped
1 tablespoons balsamic vinegar
1 teaspoon honey
1 tablespoons minced fresh mint
Freshly ground black pepper to taste

In a large bowl combine all salad ingredients, drizzle the dressing, and toss well.

16. Fruit Salad, Serves 4

2 medium oranges, peeled and sectioned
4 kiwis, peeled and sliced
2 cups pineapple chunks
2 bananas, peeled and sliced
1 cup seedless grapes
1 pint strawberries, sliced
4 tablespoons raw walnuts, chopped
1 tablespoons balsamic vinegar
1 teaspoon honey
1 tablespoons minced fresh mint

In a large bowl combine all salad ingredients, drizzle the dressing, and toss well.

17. Seven Fruit Salad, Serves 4

2 kiwis, peeled and sliced
2 bananas, peeled and sliced

1 mango, peeled and diced
1 cup blueberries
1 cups strawberries, hulled and halved
1 cups seedless grapes
1 nectarines, pitted and sliced
1 lime, juiced
1 teaspoon honey
½ to 1 teaspoon fresh ginger, grated
4 tablespoons raw walnuts, chopped

In a large bowl combine all salad ingredients, drizzle the dressing, and toss well.

18. Cabbage Fruit Salad, Serves 4

4 to 6 ounces shredded cabbage, about two handfuls
2 oranges, peeled and diced
2 apples, cored and diced
1 pear, cored and diced
1 cup seedless grapes
½ cup dried cranberries, chopped
4 tablespoons raw pecans, chopped
Freshly ground black pepper to taste

In a large bowl combine all salad ingredients, drizzle the dressing, and toss well.

19. Guacamole with Jicama Sticks, Serves 4

2 small or 1 large avocado
2 tomatoes, cored and diced
½ cup red onion, minced
2 tablespoons cilantro leaves, finely chopped
1 small jalapeno, stemmed, seeded, minced
1 tablespoon of fresh lime or lemon juice
½ teaspoon cumin seeds, crushed
½ teaspoon coarse salt
½ teaspoon freshly ground black pepper
1 medium size jicama peeled and cut into sticks for scooping guacamole

Cut each avocados in half, remove seed, scoop out the pulp into a mixing bowl; using a fork, mash the pulp. Add the rest of the ingredients, mix well and let rest, covered, in the refrigerator for 30 minutes.

20. Fiesta Salad, Serves 4

For this salad, slice the cabbage and bell peppers into very thin strips.

4 to 6 ounces shredded cabbage, about two handfuls
2 medium bell peppers, seeded and cut into thin strips
½ medium green chili, seeded and minced
1/3 cup dried cranberries, chopped
1/3 cup minced fresh cilantro

In a large bowl combine all salad ingredients, drizzle the dressing, and toss well.

21. Pineapple Relish, Serves 4

2 cups pineapple, peeled, cored, and cut into 1/2-inch dice
1 medium cucumber, peeled, seeded, and cut into 1/2-inch dice
1 pear, cored and diced
½ cup diced sweet onion
2 tablespoons chopped fresh mint leaves
½ teaspoon grated fresh ginger
1 tablespoon lime juice
1 teaspoon honey
½ teaspoon red pepper flakes
½ teaspoon kosher salt

In a large bowl, combine all ingredients, toss to mix well, cover and let stand at room temperature for 15 minutes.

22. Beans and Carrot Salad, Serves 4

2 cups green beans, washed, stemmed, cut into ½ inch pieces
2 cups grated carrots
½ cup diced bell pepper, red, yellow, or green
½ cup diced celery
½ cup diced raw pecans or walnuts
¼ cup diced sweet onion
2 tablespoons diced fresh herb of choice

In a large bowl combine all salad ingredients, drizzle the dressing, and toss well.

24. Apple & Carrot Salad, Serves 4

2 cups diced apples (core the apples before dicing)
2 cups grated carrots

¼ to ½ cup dried cranberries or raisins
¼ cup diced raw pecans
2 tablespoons diced fresh herb of choice

In a large bowl combine all salad ingredients, drizzle the dressing, and toss well.

25. Pineapple Coleslaw, Serves 4

2 cups finely shredded cabbage
1 cup diced celery
1 cup fresh pineapple diced (peel and core the pineapple)
½ cup grated carrots
½ cup raw pumpkin or sunflower seeds
1 teaspoon honey

In a large bowl combine all salad ingredients, drizzle the dressing, and toss well.

26. Romaine, Fennel, Carrot, and Mango Salad, Serves 4

8 ounces romaine, julienned, about four handfuls
1 medium size fennel bulb, thinly sliced
1 carrot, peeled, stemmed, grated
4 tablespoons raw walnuts, chopped
Freshly ground black pepper to taste

In a large bowl combine all salad ingredients, drizzle the dressing, and toss well. Plate and sprinkle freshly ground black pepper.

27. Marrakesh Carrot and Apple Salad, Serves 4

1 pound carrots, peeled and grated
1 apple of choice, cored, grated
½ cup raw walnuts, chopped
¼ cup fresh parsley, minced

In a large bowl, combine all ingredients; toss well. Drizzle Marrakesh dressing (refer to the dressing recipes above), toss well to coat evenly.

28. Carrot-Pineapple Slaw, Serves 4

2 cups grated carrots
1 cup diced fresh pineapple
½ cup raw nuts of choice, chopped
¼ cup raisins

¼ cup dried cranberries
¼ cup fresh parsley, minced

In a large bowl combine all salad ingredients, drizzle the dressing, and toss well.

29. Fresh Corn and Tomato Salad, Serves 4

2 medium to large ripe tomatoes, cored and diced
1 small or medium fennel bulb, diced
1 cup cherry tomatoes, halved
1 cup fresh corn kernels (about 2 ears)
½ cup raw chopped nuts or seeds of choice
¼ cup thinly sliced basil leaves
¼ cup chopped red bell pepper
2 tablespoons diced sweet onion

In a large bowl combine all salad ingredients, drizzle the dressing, and toss well.

30. Nutty Greens and Orange Salad, Serves 4

8 ounces mixed greens or baby spinach, about 4 handfuls
4 ounces broccoli flowerets, chopped
2 carrots, peeled, stemmed, grated
1 small avocado, peeled and cubed
1 orange, peeled, cubed, discard seeds
½ cup sliced green onions
½ cup raw nuts (almonds, walnuts, or pecans), chopped

In a large bowl combine all salad ingredients, drizzle the dressing, and toss well.

Desserts

1. 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
1 tablespoon sesame seeds

Note: it is important that all ingredients be minced as fine as you can; remember to use a knife, no electric appliances.

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. Truffles can be refrigerated, covered, for up to two days.

2. 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
½ teaspoon ground cinnamon
2 tablespoons raw sunflower seeds, minced

Note: it is important that all ingredients be minced as fine as you can; remember to use a knife, no electric appliances.

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 can be refrigerated, covered, for up to two days.

3. 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
½ teaspoon freshly grated nutmeg
2 tablespoons raw sunflower seeds, minced

Note: it is important that all ingredients be minced as fine as you can; remember to use a knife, no electric appliances.

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 can be refrigerated, covered, for up to two days.

4. Almond Truffles, Makes 6

2 tablespoons raw almonds, minced
1 tablespoons dried cranberries, minced
6 to 8 pitted dates, minced
4 dried figs, minced
1 tablespoon raisins, minced
1 generous teaspoon honey
½ teaspoon cardamom seeds, crushed
2 tablespoons raw sunflower seeds, minced

Note: it is important that all ingredients be minced as fine as you can; remember to use a knife, no electric appliances.

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 can be refrigerated, covered, for up to two days.

5. Fruit Dessert

Slice any of the in-season ripe fresh fruit, add a few minced mint leaves, and drizzle a small quantity of honey and stir to coat well; let sit for about 30 minutes. For serving, sprinkle 2 to 3 tablespoons of chopped raw nuts – walnuts, almonds, pistachio, or pecans. To add aroma and flavor, crush a few cardamom seeds and lightly sprinkle over the fruit. As an occasional alternative, soak a pinch of crushed saffron in a teaspoon of hot water, when saffron has released its color, sprinkle the saffron mixture over the fruit just before serving.

Remember... Eat Well and ThriveSM.