

Breakfast Ideas

- **Avocado & Apple Salad**

Prep Time: 10 Minutes

Yields: 4 servings

This salad is suprisingly delicious!

INGREDIENTS:

2 avocado - peeled, pitted and diced

1 large green apple - cored and diced

2 tablespoons honey

1/2 cup raisins, soaked in water and drained

1 tablespoon hulled raw sunflower seeds

DIRECTIONS:

1. In a medium bowl, combine the avocados, apple and raisins. Drizzle with honey, and sprinkle with raw sunflower seeds.

- **Green Apples, Stewed**

Green Apples, Stewed

Serves 2

2-3 Green Apples cored and cut into wedges

Sprinkle of Cinnamon

½ cup water

2 T Pepitas (raw pumpkins seeds) or 2T Chopped Pistachios (soaked if possible) Optional
Optional (once a week during the Green Diet a portion of nuts and/or grains for more protein is acceptable:

2 T Pepitas (raw pumpkins seeds) or 2 T Chopped Pistachios (soaked for 1-2 hours if possible, but not necessary)

Place apples in sauce pan and add other ingredients. Stir. Bring mixture to boil, turn down and cover for 15 minutes. Apples should be tender. Stewed apples are said to be soothing to a lazy and irritated stomach. Sprinkle with nuts if desired.

- **Green Fruit Salad**

1 cup of halved green grapes

1 green apple, Granny Smith - peeled, cored and cut into bite size chunks

1 green pear, deseeded and peeled

2 kiwis peeled and cut into bite size chunks

2 cups of honeydew melon chunks

1/4 cup golden raisins

Place fruit and raisins in bowl and toss. Enjoy!

- **Lemony Mint Green Smoothie**

1-2 medium apples depending on desired sweetness

½ - 1 lemon, juiced 1 head Romaine hearts

1/2 - 1 medium avocados, depending on thickness and richness desired

1 handful mint leaves

2 -4 cups water (or if you need more protein do almond, soy or goat milk)

Start with the lower quantity of all ingredients and blend in Vitamix or blender until creamy. Adjust to desired thickness, sweetness and lemon flavor. This smoothie is very refreshing and can be drunk any time of day. Make up your own version. Use different herbs. Add other green vegetables.

- **Green Smoothies are simple**

take any fresh greens you like and blend them with fruit. Example: spinach with 2 big pears. Spinach builds strong bones! And a clean colon, but Popeye was quiet about that. Use the Variety Rule – don't eat today what you ate yesterday. Blend different fruits and greens each day.

Lunch / Dinner Ideas

Green Salads & Dressings

- **Asian Style Spinach Salad**

1 pound fresh spinach, washed and stems trimmed

Dressing:

1 clove garlic, minced

1 tbsp. minced fresh ginger

1/4 cup chopped scallions

1/4 cup chopped cilantro

2 tbsps. rice vinegar

2 tbsps. lime juice

2 tbsps. soy sauce

1 tsp. sugar

1/8 tsp. sesame oil

1/4 cup peanut oil

Place spinach leaves in a large salad bowl. Thoroughly combine all dressing ingredients in a food processor or blender. Add oil in a steady stream, processing until well blended. Toss dressing with spinach, garnish with mint leaves and/or peanuts and serve.

Serves 4

- **Cabbage Salad**

1 medium head cabbage, chopped

1 small onion, sliced

1/2 teaspoon dried red pepper, optional

2/3 teaspoon oregano

1 teaspoon olive oil

1 teaspoon salt

1 teaspoon brown sugar

1/4 cup vinegar

1/2 cup water

Blanch the cabbage with boiling water for 1 minute. Discard the water.

Place the cabbage in a large bowl and add sliced onion, red pepper, oregano, olive oil, salt, brown sugar, vinegar, and water.

Place in the refrigerator for at least 2 hours before serving.

Makes 8 servings.

- **Chilled Mung Bean Noodles with Dulse and Crushed Peanuts**

About 2 1/2 ounces mung bean noodles

1 cucumber, seeded and julienned

6 scallions, including a little of the greens, thinly sliced diagonally

1/4 cup Japanese rice vinegar

2 teaspoons roasted peanut oil (I used dark sesame oil)

1 1/2 teaspoons honey

salt

1 tablespoon finely chopped ginger

1 jalapeno chile, seeded and finely diced

Several red dulse "leaves," soaked in water for 5 minutes

1/4 cup chopped cilantro

1/2 cup chopped roasted peanuts

Cover the mung bean noodles with boiling water and let stand until softened, about 5 minutes. Drain and put them in a bowl with the cucumber, and scallions.

Whisk the vinegar, oil, honey, and a pinch of salt together, then add the ginger and chile.

Pour over the noodles and toss well.

Drain the dulse, coarsely chop, and add it to the noodles with the cilantro and most of the peanuts. Toss again and serve with the remaining peanuts sprinkled over the top.

Makes 4 servings.

- **Lime Salad Dressing, with Green Salad**

GREEN SALAD WITH LIME DRESSING

2 lg. heads Romaine lettuce, washed and dried

2 cucumbers, peeled and sliced

DRESSING:

3/4 c. olive oil

1/4 c. fresh lime juice

2 tbsp. honey

1/4 tsp. ground ginger

Pinch cayenne

Salt, freshly ground pepper to taste

Tear lettuce into small pieces and place in salad bowl or divide evenly among 8 plates. Top with cucumber.

Make dressing: Combine all ingredients together in a jar and shake vigorously. Pour over greens; toss well. Serves 8.

- **Lime-Mint Dressing**

Zest and juice of one lime

1 T. chopped fresh mint (or 1 - 2 t. crushed dried mint)

- 1 T. chopped fresh chives (or scallions or shallot)
- 1/4 t. salt (or to taste)
- 1-2 T. white wine vinegar (or vinegar of your choice)
- 6 T. light flavored oil (light olive oil, vegetable oil, sunflower oil)
- 1. In a small bowl, whisk together lime zest and juice, herbs, salt and vinegar.
- 2. Whisking continuously, add oil in a slow, steady stream.
- 3. When oil is incorporated, taste and adjust seasonings as desired.
- 4. Drizzle over cucumbers or your favorite green salad.

- **Green Goddess Dressing**

Ingredients

- 3 cloves garlic
- Juice of two lemons (approx. 1/4 cup)
- 1 cup cilantro (unchopped)
- 1 cup parsley (unchopped)
- 2 Tbsp Bragg Liquid Aminos or Nama Shoyu
- 1/2 tsp umeboshi plum vinegar
- 1/2 cup cold pressed olive oil
- 1/2 cup water

Procedure

Blend all ingredients in a blender for 30 seconds. Chill & serve.

Yields 1 cup. Keeps in refrigerator for 5-6 days.

- **Green Soybean Salad**

- 2 cups fresh green soybeans
- 1/2 cup finely chopped celery
- 1/4 cup chopped green pepper
- 1 cucumber, sliced
- 1/3 cup **green dressing**

In a large bowl, combine the soybeans, celery, green pepper and cucumber and **green dressing**; toss.

Serve the salad on a bed of lettuce. Yield: 4 servings.

Per serving: 224 calories, 12 grams protein, 14 grams fat, 16 grams carbohydrates, 54% fat

- **Oriental Green Beans**

- 1 lb of Green Beans (with ends cut off and sliced into 2" diagonal slices)
- 1 Tablespoon of Hoisen Sauce (purchased in the Asian section of the grocery market)
- 2 Tablespoon of Soy Sauce
- 2 Tablespoon of Toasted Sesame Oil
- 2 Tablespoon of Rice Vinegar
- 3 cloves garlic, coarsely chopped
- 2 Tablespoons Onion coarsely chopped
- 1 Tablespoon Ginger coarsely chopped
- 1 Tablespoon Sesame Seeds Black (optional) - these are a bit tricky to find and you don't have to have them to make this recipe.
- 1 Tablespoon Sesame Seeds White (optional) - these are easier to find but if you don't have them on hand don't worry about adding them, no biggy

Bring a 3 quart pot of salted water to boil, turn to a medium heat. Drop green beans in boiling water and set the timer for 10 minutes. After 10 minutes strain in strainer. Blend all of the rest of the ingredients except the sesame seeds either in a blender or food processor until smooth and pour over the done green beans. Then sprinkle with the sesame seeds and chow down. These are so yummy!

Green Bean Recipes, Several

- HOT GREEN BEAN SALAD

Toss hot green beans with: Thinly sliced green onions Lg. walnut pieces
Toss with Italian salad dressing to moisten and flavor. Add black pepper and serve. Good cold, too.

- TOSS BABY LETTUCE SALAD WITH GREEN BEANS

Handful of baby lettuce per person (Bibb or Boston or torn red leaf)
8-10 thin green beans per person (frozen - whole fresh cooked al dente)

- VINAIGRETTE:

1/3 c. raspberry vinegar
3/4 c. very light olive oil (not Progresso)
1 tbsp. Dijon mustard
Salt - pepper
1 tbsp. chervil or parsley chopped fine
Mix all ingredients together. Toss with salad right before serving.

- GREEN BEAN SALAD

4 cloves garlic crushed in a large salad bowl in 1 tablespoon salt. Add 4 or more tablespoons of olive oil. Add hot sauce to taste. Add 4 tablespoons of wine vinegar. Add 1 tablespoon Worcestershire sauce.
Add 1/2 lemon and 1/2 lime juices or 1 whole lemon (juice). Add:
1 tbsp. prepared mustard
1 c. sliced red peppers
1 c. sliced sweet onions
3 c. fresh green beans, blanched in salt water and cooled
Marinate at least 6 hours.

- GREEN BEAN SALAD

DRESSING:

1/2 c. salad oil
4 tbsp. cider vinegar
1/4 tsp. garlic powder
1/2 tsp. salt
1/2 tsp. paprika
1/2 tsp. dry mustard
2 tsp. catsup
Mix dressing in blender. Pour over:

1/2 lb green beans (frozen - whole fresh cooked al dente)
3 stalks celery, sliced
3 tbsp. onion, chopped fine
2 tbsp. sliced green olives
Marinate several hours. Serves 8-10.

- **GREEN BEAN SALAD**

1 qt. cooked and drained green beans
1 lg. onion, chopped
3 tbsp. salad oil
2 tsp. maple syrup, honey or agave nectar
1 1/2 tsp. salt
1/8 tsp. pepper
1/2 c. vinegar
Garlic powder to taste
Combine all above ingredients and let stand several hours before serving.

- **GREEN BEAN SALAD**

1/2-1 lb. green beans whole fresh cooked al dente
Lettuce
Chopped green onions
Mix together cooked, cut green beans, lettuce and onions; refrigerate before serving. When ready, mix with dressing.

- **DRESSING (Sharp Vinaigrette) :**

1/2 tsp. minced garlic
1/2 c. red wine vinegar
1 tsp. salt
1/2 c. salad oil
1/4 tsp. pepper

Beat all together, refrigerate until being used. Shake first. Will store several days, makes 1 cup.

- **ONION AND GREEN BEAN SALAD**

2 onions, sliced
1 tbsp. maple syrup, honey or agave nectar
2 pkg. of frozen green beans
1/3 c. olive or salad oil
2 tbsp. white vinegar
1/4 tsp. basil (crushed)
1/4 tsp. salt
Dash cayenne pepper
Separate onion slices into rings. Place in bowl, drizzle with syrup. Cook beans, drain, cool, toss with onion rings. Chill for at least 1 hour, stirring occasionally.
At serving time, combine oil and remaining ingredients, mix well. Pour over salad.

- **ITALIAN GREEN BEAN SALAD**

1 (9 oz.) pkg. frozen 5 minute cook Italian green beans

3 tbsp. salad or olive oil

1 tbsp. vinegar

1/4 tsp. salt

1/4 tsp. prepared mustard

1/8 tsp. pepper

1/2 sm. onion, thinly sliced, separated into rings

1/3 green pepper, cut in thin strips

Prepare beans as directed on package; drain. Combine oil, vinegar, salt, mustard, pepper; mix well and add to beans. Add onion rings and green pepper strips. Toss lightly. Chill at least one hour. 3 servings.

- **GREEN BEAN SALAD**

1 qt. green beans, drained

1 lg. onion, sliced

1/2 c. salad oil

1/2 c. vinegar

1/4 c. maple syrup, honey or agave nectar

1 tsp. salt

Mix oil, vinegar, sweetener and salt together. Add beans and onion. Marinate overnight in refrigerator.

- **ORIENTAL GREEN BEAN SALAD**

Cooked green beans (cut 1 inch length)

Hoison sauce (Chinese)

Drop of soy sauce

Drop of sesame oil

Roasted sesame seeds

Mix sauces and oil. Put green beans into marinade. Sprinkle roasted sesame seeds of top. Serve.

- **GREEN BEAN ZUCCHINI SALAD**

1/2 lb. green beans, trimmed and snapped in two

2 1/2 tsp. olive oil

1 clove garlic, minced

1/2 tsp. tarragon

1/8 tsp. pepper

1 sm. zucchini, cut into matchstick strips

1 sm. red onions, sliced thin

1 1/2 tsp. tarragon flavored vinegar

Cook green beans in boiling water until tender but still crisp. Drain and rinse in cold water. In a medium size bowl, combine olive oil, garlic, tarragon and pepper. Add the green beans, zucchini and onion and toss well. Cover and refrigerate 2 to 3 hours, tossing occasionally. Just before serving add the vinegar and toss again.

- **GREEN BEAN SALAD**

1 lb. fresh green beans
Salt to taste
Pepper to taste
1 tbsp. chopped parsley
Garlic Dressing (see recipe below)

- **GARLIC DRESSING:**

1/2 c. olive oil or vegetable oil
Salt to taste
1 clove garlic, sliced thin
Pepper to taste
Combine in a jar and shake well.
Cook green beans in boiling water, until tender. Drain. Pour garlic dressing over beans while still warm. Season to taste. Garnish with parsley.

- **WARM GREEN BEANS VINAIGRETTE (SALAD)**

1 lb. green beans
2 tbsp. cider vinegar
1/4 tsp. salt
1/4 tsp. black pepper
1 tsp. Dijon mustard
5 tbsp. vegetable oil
1/2 c. red onion, peeled and finely chopped
Boil 1 inch of lightly salted water in large sauce pan; add beans, cook covered for 10 minutes until crisp tender. Meanwhile, make dressing by combining remaining ingredients. Drain beans when done, toss immediately with dressing. Serves 4.

Green Herbal Salad Dressings (several choices)

- **Dill Dressing**

1 1/2 tbl. Dijon-style mustard
3 tbl. White wine or herb vinegar
1/3 cup Olive oil
1/3 cup chopped dill
1/4 cup chopped chives
3-4 sprigs fresh basil or chervil
Salt
Freshly ground pepper
Mix the mustard with the vinegar in a bowl. Whisk in the olive oil, then stir in the herbs. Season with salt and pepper to taste. Add a little more vinegar or oil to taste if needed. Use on chicken or seafood salads or even as a dip for vegetables.

- **Lemon Herb Dressing**

Ingredients:

1/2 cup olive oil

1/3 cup minced Italian parsley

1 1/2 tsp. grated lemon juice

3 tablespoons each fresh mint and scallions

1 clove garlic, crushed

1/2 tsp. each salt and pepper

1/4 tsp. dried oregano

Combine all ingredients. Makes 1 cup. This is wonderful on greens.

- **Thyme Dressing**

Ingredients:

1/2 cup olive oil

1/4 cup white wine vinegar

1/2 tsp. Dijon mustard

1 tablespoon chopped fresh thyme

1/2 of small white onion, minced

Whisk all together. Use on greens or a vegetable and pasta salad.

- **Oregano Salad Dressing**

Ingredients:

1/4 cup cider vinegar

1 teaspoon salt

1 tablespoon of honey

1 tsp. dried oregano leaves

1 tsp. pepper

1 1/2 tablespoon fresh basil, minced (or 1 tsp. dried)

2 cloves garlic, cut in half, skewered on a toothpick

3/4 cup olive oil

Combine all ingredients, except oil in a jar. Let marinate in refrigerator for 24 hours. Remove garlic. Add oil and shake vigorously. Makes 1 1/2 cups.

- **Mixed Herb Dressing**

Ingredients:

1/2 cup oil

3 tablespoons wine vinegar

1/8 tsp. powdered thyme

1/8 tsp. powdered marjoram

1/4 tsp. dried basil leaves, or 4 fresh leaves, chopped

1 tablespoon minced onion

1 tablespoon water

1/2 tsp. salt

1 tablespoon finely chopped fresh parsley

Combine all ingredients in a jar with a tight fitting lid. Shake well. Let stand 10 minutes.

Serve over crisp salad greens. Makes 2/3 cup.

Green Lunch / Dinner Ideas

- Mung Bean Dal

Dal Serves 5-10

1-2 T ghee or clarified butter or olive oil

1 Chopped Onion

3-5 Cloves Chopped Garlic

¼ Cup Fresh Chopped Ginger

2 whole chili peppers (Serrano) with stem attached (only chop if you want really hot, hot spicy dal)

1-2 T ghee or clarified butter or olive oil

1 t Cumin Seeds or Powder

1 t Turmeric

½ t pepper

1 chopped tomato - if on green diet use green tomatillo's

2 bay leaf

Salt to taste

1 cup Green Mung Bean Dal, Whole (Washed and Rinsed)

5 cups Water

Pour 2 T ghee or oil in the bottom of a 4 qt. pot, sauté onion, ginger, garlic (trinity roots) and peppers. Sprinkle with 1 t of salt to bring out the flavors. Saute' until the onions are translucent 10-15 minutes.

In other small skillet pour 1-2 T of ghee/oil and let get warm for 1-2 minutes on low-medium heat. Add Cumin Seeds and toast for 1 minute, then add the Turmeric and pepper and sizzle for another 30 seconds. Add these spices to the Onion, Garlic & Ginger (trinity roots) mixture. Then add the chopped tomato and stir. Cook until mushy.

Wash Dal's together thoroughly.

Add water, Mung Beans and bay leaves to onion/spice mixture. Stir and bring to a boil, then turn on low and cover for 40 minutes stirring about half way through (add any other veggies at this time). Add both the regular and black salt to taste. Serve with cilantro sprinkled on top, a dollop of homemade or store bought plain live cultured yogurt with acidophilus, basmati rice and/or chapattis.

- Optional toppers and other health promoting tips for dal:

You can add some chopped veggies half way through the cooking process.

You can place 10 or 12 fresh spinach leaves in the bottom of your soup bowl and pour the Dal on top. This will soften the Spinach leaves nicely, but allows them stay full of vitamins and flavor.

Top with sliced green onions and cilantro.

Chili pepper flakes (optional) good for circulation and helps lift depression

Sprinkle nutritional yeast (high in Vit. B) bought at most health food stores, possibly in bulk section.

A squirt or spray of Braggs Liquid Aminos (bought at most health food stores)

Drizzle about ½ cup of homemade yogurt around the edges of the Dal.

Sliced Daikon Radish, cucumber slices and/or Watercress on the side

- **Mint Chutney**

(A blood cleanser to eat with your Mung Beans & Rice or Tofu and Rice Dishes)

4 onions coarsely chopped

Bowl of Fresh Mint leaves (with stems removed and leaves washed)

2 T Ginger

Blend all ingredients in blender – add salt to taste and a little cayenne

Good for 2-3 weeks

- **Yogi Mush**

2-3 servings

2-3 zucchini's / cut into approx. ½" slices

2 sticks of celery / cut into approx. ½" slices

1 handful of greens chard, kale, spinach, Parsely or other greens coarsely chopped (Optional)

1 tsp. Turmeric

½-1 tsp. black pepper

Place zucchini and celery in steamer with enough water underneath to steam for 15 minutes. After 10 minutes add greens and cook for 5 more minutes. Cook everything until tender. Test with a fork for tenderness and turn off when tender and bright green in color. Immediately take off burner and remove steamer from pot (save steam water) and let veggies cool slightly 10 minutes. Place steams in blender with steam water, turmeric and black pepper and blend until smooth. Pour over cooked basmati rice (see below).

- **Zucchini with Garlic and Dried Crushed Red Pepper**

3 tablespoons olive oil

1 lb. zucchini, halved crosswise, each half cut lengthwise into 4 flat slices

3 garlic cloves, minced

1/2 teaspoon dried crushed red pepper

sea salt

1 tablespoon chopped fresh parsley

Heat oil in heavy large skillet over medium heat. Add zucchini; sauté until slices are light golden and tender, about 5 minutes. Add garlic and red pepper; stir 1 minute. Season to taste with sea salt. Transfer zucchini to serving platter, sprinkle with parsley, and serve. Serves 3 to 4.

- **Green Tacos**

4 Romaine lettuce leaves whole

2 medium avocados

2-4 cloves garlic

2 limes

3 green onions chopped

2 T cilantro

1/2 t salt

Mash avocados with garlic, lime juice, green onion, cilantro & salt. Scoop between romaine lettuce leave. Good for lunch or dinner. Add green salsa and enjoy with cool mint ice tea.

- **Spinach and Split Peas**

Dahl Palak (Spinach and Split Peas)

Categories: Indian, Main Dish, Spinach, Vegetarian

Yield: 4 servings

Prep. Time: 10 mins

Cook Time: 20 mins

Total Time: 90 mins

Ingredients

1/2 cup split peas

2 cups water

1/4 teaspoon turmeric

1/2 teaspoon salt

1 pound spinach, chopped

3 tablespoons butter, or oleo

1 tablespoon ginger, fresh and chopped

4 each garlic cloves, chopped

1 tablespoon garam masala

1 tablespoon lemon juice

1 pinch salt

Directions:

Soak split peas in 2 cups water 1 hour.

Add turmeric and 1/2 ts salt to split peas.

Boil 10 mins in same water used to soak peas.

Add spinach and cook until most of the liquid has been absorbed and split peas are done.

Meanwhile, heat butter/oleo in a skillet.

Add ginger and garlic.

Cook until garlic is golden.

Add Garam Masala.

Immediately add the seasoned ginger and garlic to the spinach-split pea mixture.

Add lemon juice and salt to taste and serve.

- **Green Steamed Vegetables**

A good variety of Green Seasonal Vegetables prepared, cleaned, cut into bite size pieces

1 1/2 cup of Water

A steamer insert for your pan or an electronic steamer appliance with a timer. Either works well.

Put water in the bottom of your steamer. Steam vegetables until tender inside, but slightly firm and colorful on the outside. Use a fork to see if they are tender inside. Between 15 and 20 minutes of steaming is good depending on the vegetable (if doing carrots be sure to cut them thin). When done, serve plain or with Braggs and Olive Oil or if in need of more protein drizzle with **Green Tahini Sauce**.

- **Steamed Asian Greens with Honey Soy Sesame Dressing**

1 1/2 pounds spinach, baby bok choy, Chinese broccoli, or a combination

3 tablespoons low-sodium soy sauce

2 tablespoons rice wine vinegar

1 tablespoon honey

1 teaspoon sesame oil

1 teaspoon toasted sesame seeds, plus more for garnish

Pour about 1-inch of water into a wok and bring it to a boil over high heat. Put the greens into a bamboo steamer and cover. Put the steamer into the wok and steam the vegetables for about 5 minutes or until they are just tender. Meanwhile make the dressing by combining the soy sauce, vinegar, honey, oil, and 1 teaspoon sesame seeds in a small bowl. Put the cooked greens onto a serving platter, drizzle the dressing over them, and toss well to coat. Garnish with sesame seeds and serve immediately.

- **Stuffed Brinjals (small round green eggplants)**

You need to use the small green eggplants also known as Brinjals. You can find them in larger Indian Grocery or Chinese markets.

Ingredients:

Brinjals(Vazhuthananga) - 10 nos

(small round shaped)

Red onions - 2 nos

Green chillies - 4 nos

Cumin seeds(Jeerakam) - 2 tsp

Coriander seeds - 2 tsp

Turmeric powder - 1/2 tsp

Oil - 10 tsp

Coriander leaves for garnishing

Preparation Method

1)Grind together onion, green chillies and salt and keep aside.

2)Roast cumin seeds and coriander seeds and grind it to a powder.

3)Add the powder to the ground mixture and mix well.

4)Cut the brinjals into four, but not completely (cut slightly into the sides of the eggplant so you can stuff the mixture into the sliced area) It should be in such a way that you should be able to fill in the puree into the brinjals.

5)Fill the brinjals with the above mixture and keep aside.

6)Heat oil in a pan.

7)Add the brinjals and turmeric powder.

8)Cover and cook, till done.

9)Remove from flame.

10)Garnish with coriander leaves, if desired.

- **Green Split Peas with Zesty Mustard Sauce**

Matar Dal Shorshe Diya (Green Split Peas in Zesty Mustard Sauce)

Legumes - Split pea - Make this your favorite recipe - Upload a new picture for this recipe

INGREDIENTS

4 cups water

1 cup green split peas

1 bay leaf

1/4 teaspoon turmeric

1/2 teaspoon salt

1 1/2 tablespoons vegetable oil (or mustard oil)

1 tablespoon peeled minced fresh ginger

1 green chilli, seeded and chopped

2 teaspoons black mustard seeds, ground to a powder, mixed with 4 teaspoons water and allowed to stand for 30 minutes

3 tablespoon dried, shredded or flaked sweetened coconut, ground in a blender to a coarse powder or freshly grated or shredded coconut mixed with 1/2 teaspoon sugar

METHOD

Bring water to boil. Lower heat slightly. Add split peas, bay leaf and turmeric and simmer covered until peas are tender, 40 -45 minutes. During this period, uncover occasionally and stir, adding a tablespoon or so of hot water to prevent the mixture sticking to the bottom of the pan. Add salt. Keep warm.

Meanwhile, heat oil in a skillet over medium low heat. Fry ginger and green chilli until ginger is lightly browned, 1-2 minutes. Add mustard paste and fry for another minute, stirring occasionally (you may need to keep the skillet partially covered for a few seconds if the spices start to splatter the cooking area). Add coconut and stir several times. Remove from heat.

Pour over the pea mixture and stir. Cover and let stand for 15 minutes to develop the flavours. Garnish with coriander.

- **Avocado Burritos**

8 leaves of romaine lettuce

2 avocados

2 jalapeno peppers

4 chopped green onion

2 T chopped cilantro

1 orange

Mix and mash the avocados, peppers, green onion and cilantro. Squeeze on the orange for sweetness. Place avocado mix into a lettuce leaf and roll up.

- **Soy-Glazed Baby Bok Choy**

Hands-on time: 20 minutes (some time to spare)

Time to table: 20 minutes

Serves 4

1 tablespoon sesame seeds, toasted (definitely optional, also a whole tablespoon seemed way too much)

1 tablespoon peanut oil (or use 2 teaspoons to keep to 1 tablespoon fat total and 1 point per serving)

1 pound baby bok choy, ends trimmed, halved lengthwise

3 cloves garlic, minced (I used 1 tablespoon from a jar)

1 tablespoon fresh ginger (from a jar)

2 green onions, chopped (none on hand so skipped this)

GLAZE

1 1/2 tablespoons rice vinegar

1 1/2 tablespoons soy sauce (I used low-salt)

1 teaspoon sesame oil

1/2 teaspoon sugar

Toast the sesame seeds (if you're using) in a dry non-stick skillet to golden. Set aside.

Add the peanut oil to the skillet and let heat on MEDIUM HIGH. When it's hot, add the bok choy, cut side down, interweaving so the stems touch the skillet, the greens stay on top. Let

brown for 3 - 4 minutes. Turn over and cook a minute. Transfer to a platter. (While they're cooking, assemble the glaze ingredients in a small bowl.)

Add the garlic, ginger and green onion to the skillet, let cook 1 minute. Add the glaze ingredients and cook til just beginning to thicken, about 1 minute. Return the bok choy to the skillet, cut side down and cook for a minute or two. Return to the serving platter, top with sesame seeds. Serve immediately.

- **Baby Bok-Choy, Stir Fried**

Baby bok choy has a sweeter flavor than adult varieties. For a lighter taste, feel free to stir-fry the baby bok choy in olive oil. Low-sodium chicken broth can be used in place of water.

Cook Time: 5 minutes

Ingredients:

4 bunches baby bok choy (basically, 1 bunch per person)

2 slices ginger

2 tablespoons soy sauce

1 teaspoon sugar, or to taste

1/4 teaspoon salt, or to taste

1/4 cup water

A few drops sesame oil

1 1/2 tablespoons vegetable oil for stir-frying

Preparation:

Wash the baby bok choy and drain. Separate the stalks and leaves. Cut the stalk diagonally and cut the leaves across.

Heat wok and add oil. When oil is ready, add ginger and stir-fry briefly, for about 30 seconds, until the ginger is aromatic. Add the bok choy, adding the stalks first, and then the leaves. Stir in the soy sauce, sugar, and salt, and stir-fry on high heat for 1 minute.

Add the water, cover the wok and simmer for about 2 minutes. Stir in the sesame oil and serve. Serves 4.

- **Bund Gobi Aur Matar-India**

1 small head green cabbage

1 1/4 cup frozen peas

1/4 cup vegetable oil

2 teaspoons whole cumin seeds

2 bay leaves

1/4 teaspoon ground turmeric

1/4 teaspoon cayenne pepper

1 fresh hot green chili, finely chopped

3/4 teaspoon salt

3/4 teaspoon sugar

1/4 teaspoon garam masala

Core the cabbage and slice into fine long shreds.

Put the peas in a strainer and hold them under running water until they separate.

Preheat the oil over medium-high heat in a large heavy skillet. When hot add the cumin seeds and bay leaves, cooking for just a few seconds. Quickly add the cabbage and peas, stirring to mix well. Add the turmeric and cayenne, mixing well. Cover and reduce heat to a simmer and cook for 5 minutes, or until vegetables are crisp-tender.

Add the green chili, salt and sugar, stir to mix; cover and cook an additional 2 minutes.

Remove from heat, add the garam masala, stir gently to mix and serve.
Makes 4 to 6 servings.

- **Chard Surprise**

1/4 cup pine nuts, toasted (toasted slivered almonds are good too)

1/3 cup golden raisins

2 pounds chard, washed and chiffonade cut

2 tablespoons butter or marg.

2 tablespoons olive oil

1 or 2 garlic cloves, finely chopped

1/2 teaspoon salt

Preheat oven to 350 degrees. Toast the pine nuts for 5 minutes in the oven or toast them in a dry hot skillet.

Soak the raisins in water for 15 minutes and drain.

Wash, dry, and remove the stalks from the chard, I use some of the stalks, I like the crunch. Stack the chard and cut crosswise into ribbons (chiffonade cut).

In a large pan, heat the butter and the oil and add the garlic and salt.

Saute the chard over medium-high heat for approximately 5 minutes or until tender.

Add the raisins and stir in the pine nuts. Salt to taste. Serves 4.

- **Garlic Parsley Dandelion Greens**

4 tbsps. Olive Oil

4 tbsps. fresh parsley, finely chopped

2 garlic cloves, minced

salt and pepper to taste

1 bunch dandelion greens, washed & shredded

1 tbsps. pimientos, chopped, for color

Warm olive oil in pan. Add parsley, garlic, salt and pepper. Fry gently until garlic softens. Add optional pimientos and cook another few minutes. Add shredded dandelion greens and simmer gently for 5 minutes or until tender. Serve hot. Serves 4.

- **Vegetarian Green Chili**

Prep:15m Cook: 45m Servings: 8

I altered this recipe for the Green Diet adding diced avocado and cilantro if desired for a topping.

Ingredients

1 white onion chopped

4 garlic cloves minced

* 1 tablespoon olive oil

* 6 cups vegetable stock

* 12 roasted, peeled chopped green chilies

- * 2 tablespoons flour or cornstarch
- * 1 teaspoon salt
- * 2 teaspoons freshly ground black pepper
- * Topping - diced avocado and/or chopped cilantro

Directions

1. Sauté onion and garlic in olive oil then add chilies and stock.
2. Stir in salt and pepper.
3. Dissolve flour in hot water and add to mixture stirring to prevent lumps.
4. Simmer for 45 minutes
5. Pour in a bowl and top with diced avocado and/or cilantro if desired

- **Green Fajitas**

- 2 green bell pepper, cut into stick like pieces
- 1 large onion, sliced
- 2-4 cloves garlic, chopped
- 4 zucchini, cut into stick like pieces
- 1 package of **Fajita Dry Spice Mix**
- 2 Tablespoons of Olive Oil

Large lettuce or tender napa cabbage leaves

Heat oil in skillet. Saute' onion, bell pepper and garlic until soften. Place zucchini over softened onions and sprinkle Fajita mix over and toss well. Cover for 5 minutes on medium heat. Serve in the center of the lettuce or napa cabbage leaves and top with any of the below toppings and fold like a taco and enjoy.

Green Toppers

- Cilantro, chopped
- Avocado, sliced or Guacomole
- Shredded lettuce
- Jalapenos, pickled or raw
- Green Onion, chopped
- Green salsa (optional)

- **Grill Roasted Green Chilies Stuffed with Guacamole**

- 8 Anaheim or long green chiles
- olive oil
- 4 ripe haas avocados
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 3 small scallions (white and green parts), finely chopped
- 3/4 cup chopped fresh cilantro
- 3 tablespoons lime juice
- 1 small jalapeno, seeded and finely chopped

kosher salt and freshly ground black pepper

Grill the chiles: Heat the grill or broiler. Lightly brush the chiles with oil, grill on high heat until very blackened and blistered, turning frequently, about 15 minutes. Seal the chiles in a paper bag, or foil, and allow them to steam 10 minutes. Peel away the skin being careful not to rip off the stem.

With a paring knife, make a vertical slit from the top of each chile to about 1/2 inch from the tail and remove the seeds. Be sure to leave the ribs in, or the flesh will come with them.

Prepare the guacamole:

Peel and pit the avocados and put the flesh in a large bowl. Add the onion, garlic, scallions, lime juice and jalapeno; mash with fork until blended but still fairly chunky.

Season to taste with salt and pepper.

Spoon the guacamole into the chiles. Serve chilled or at cool room temperature.

Soups

- **Green French Lentil Soup**

Serving Size : 6

1 tablespoon Olive oil

1 large Onion(s) -- diced

1 tablespoon Garlic -- minced

1 tablespoon Ginger -- minced

6 cups Vegetable stock

1 Bay leaf

1 tablespoon Ground cumin seeds -- pref roasted

1 1/2 cups Lentils -- washed and drained

1 teaspoon Salt

1/2 teaspoon Pepper

1/2 cup Unpeeled carrots -- diced (replace with green vegetable on Green Diet)

1/2 cup Celery -- diced

1 cup Tomato sauce -- pref homemade

1 tablespoon Porcini Powder -- (see pg 42)

Fresh cilantro -- to garnish (opt)

1. Heat the olive oil in a large, heavy pot. Add the onion and sauté over medium heat until it begins to brown, 3-4 minutes. Add the ginger and sauté for a few seconds.

2. Add the stock and bring to a simmer. add the bay leaf, cumin, and lentils. If using mushrooms instead of Porcini Powder (see note, mince and add them to the soup now. Cover and simmer for 30 minutes.

3. Add salt, pepper, celery, tomato sauce, and Porcini Powder, if using.

Cook over low heat for 30-45 minutes. Remove the bay leaf. SERve hot.

Can be refrigerated for 2 days. Reheat before serving.

Note: You can substitute 2 dried mushrooms for the Porcini Powder.

Soak the mushrooms in 1 cup water for 30 minutes. Lift them from the

soaking water and squeeze over the water to return any liquid to the cup, then dice.

Strain the soaking water through a fine sieve-mesh sieve and use it in place of 1 cup stock.

- **Green Lentil Soup**

Ingredients:

8 ounces/1 cup green lentils

5 tablespoons extra virgin olive oil

3 onions, finely chopped

2 garlic cloves, finely sliced

2 teaspoons cumin seeds, crushed

1/4 teaspoon ground turmeric
2 1/2 cups water
salt and ground black pepper
2 tablespoons roughly chopped fresh cilantro, to garnish

Instructions:

Place the lentils in a pan and cover with cold water. Boil 10 minutes and drain.

Heat 2 tablespoons of the oil and fry two-thirds, of the onions along with the garlic, cumin and turmeric for 3 minutes.

Add the lentils, stock and water. Bring to boil, reduce the heat, cover and simmer for 30 minutes (until lentils are soft).

Heat the remaining oil and fry the rest of the onion until golden brown, stir frequently.

Lightly mash lentils with a potato masher and make the soup pulpy in texture. Reheat gently and season with salt and freshly ground black pepper to taste.

Pour the soup into warm bowls. Stir in fresh cilantro into the fried onion and sprinkle over the soup to garnish.

Lentils do not need to be soaked before cooking.

- **Green Soup**

a light broth based "green" soup

for 16 ounces of soup:

16 ounces of your favorite broth, intense flavor is better.

or

16 ounces water with favorite broth paste.

1 cup fresh spinach (important that it be fresh) torn in small pieces

3/4 cup small dice celery

3/4 cup thin slices zucchini, then quartered

1 large very fresh scallion, sliced thinly all the way up

boil broth then turn down heat

add vegetables to broth , cook till just tender

add 1 teaspoon dry onion flakes(i like the toasted flavor)(optional)

toss in a couple of pinches of garlic.

This is very light, almost no calories and very flavorful from the veggies and garlic.

- **Magical Leek Soup (Broth)**

This is a soup that is eaten for 2 days between seasons in France

Serves 1 for the weekend

Ingredients

2 pounds leeks

1. Clean the leeks and rinse well to get rid of sand and soil. Cut off the ends of the dark green parts, leaving all the white parts plus a suggestion of pale green. (Reserve the extra greens for soup stock.)

2. Put the leeks in a large pot and cover with water. Bring to a boil, reduce the heat, and simmer uncovered for 20 to 30 minutes. Pour off the liquid and reserve. Place the leeks in a bowl.

The juice is to be drunk (reheated or at room temperature to taste) every 2 to 3 hours, 1 cup at a time. For meals, or whenever hungry, have some of the leeks themselves, 1/2 cup at a

time. Drizzle with a few drops of extra-virgin olive oil and lemon juice. Season sparingly with salt and pepper. Sprinkle with chopped parsley if you wish.

This will be your nourishment for both days, until Sunday dinner, when you can have a small piece of meat or fish (4 to 6 ounces -- don't lose that scale yet!), with 2 vegetables, steamed with a bit of butter or olive oil, and a piece of fruit.

- **Split Pea Soup**

Yield4-6 servings**Time**1 hour**Tools**

- Dutch oven or large saucepan
- Wooden spoon
- Sauté pan

Ingredients

- 2 c dry split peas, rinsed
- 6-8 c **vegetable stock** and/or water
- 1 large onion (2 c)
- 1 carrot
- 2 sticks of celery
- 2 T butter or olive oil
- 3-5 cloves minced garlic
- 1 t minced rosemary
- 1 t salt
- 2 t pepper

Directions**Place** the peas and 6 c water and/or stock in the Dutch oven/saucepan over high heat. Bring to a boil, lower heat, and partially cover.

Meanwhile, chop the onions, carrot and celery and sauté in butter/olive oil for about 10 minutes, until onions are somewhat translucent. Add the garlic and rosemary and sauté for another 5 minutes.

Add the onion mixture into the peas along with the salt and pepper.

Simmer for another 40 minutes or so, until the peas are mushy and falling apart. If at any point the soup seems too dry, add more water or stock.

Serve hot, with a salad and Pepita seeds sprinkled on top.

If you like a thick, hearty soup, you can purée some or all of it.

- **Vegetable Soup, Green**

Serves 8

6 Sticks of asparagus

1 small cabbage

2 leeks

2 zucchinis

2 celery ribs with their leaves

2 medium-size yellow onions

Freshly ground pepper

2 teaspoons salt

½ teaspoon dried thyme

2 bay leaves

Small bunch of fresh parsley

10 cups of water

1. Peel the vegetables. Cut the asparagus and cabbage; wash the leeks carefully and slice them crosswise. Slice the zucchinis and celery as well, and quarter the onions. You should have about 8-10 cups of prepared vegetables. Use the same amount of water.

2. Place all the vegetables in a stockpot. Season with a grind of fresh pepper, add the salt, thyme, bay leaves, and parsley, and toss with the vegetables. Add the water. Cover and bring to boil slowly. Reduce the heat and simmer for 30 minutes.

3. Remove and discard the bay leaves. Drain the vegetables, reserving the cooking liquid. Purée the vegetables in a food mill using the cooking liquid over the purée to thin them out. Reheat the soup until the first boil. Taste and correct the seasonings and serve.

At the end of the fall, Mother would add the last tomatoes of the garden and in the dead of winter half of a celery root, but you can add whatever you like. Same for herbs -- suit your fancy.

- **Super Spinach Soup**

Makes about 6 or 7 cups

1/4 cup nice olive oil

1 pound yellow or white onions, chopped

6 cups (48 ounces) homemade vegetable stock (or high quality storebought)

12 ounces fresh organic baby spinach (about 8 cups packed)

1 teaspoon salt

1/2 teaspoon good pepper

1. Heat olive oil in a large pot and cook onions, stirring frequently, over medium heat until translucent and just starting to turn golden at the edges, about 7 to 10 minutes.

2. Add vegetable stock, bring to a boil, stir in spinach, salt, and pepper and simmer another 5 to 7 minutes. Carefully puree the soup using a blender or immersion hand blender.

3. Serve hot, garnished if desired (but it really doesn't need it) with a few chive blossoms if you happen to have any laying around. Turn down heat, and simmer, with the lid cracked, stirring every so often, for 10 minutes.

- **Broccoli Soup**

2 Medium bunches of washed broccoli, cut into broccoli florets

Salt

Pepita Seeds

Fill a two quart pot 2/3rds way full with water, add a pinch of salt and cover to bring to a boil. After the water comes to a boil, place broccoli florets in the pot and add a pinch of salt on top of the broccoli, cook for 2-3 minutes until crisp tender. Strain in strainer and save the broccoli water in a pot below the strainer. Place the broccoli in a blender and fill about 1/2 way with the broccoli water and place lid back on blender. Put the blender top back on and cover the top with a towel and press down blender top down firmly before turning on to blend smoothly. Drizzle with Virgin Olive Oil, sprinkle with Pepita seeds and dust with cracked pepper. **Braggs** can also be added. Pour soup in bowl or cup and enjoy piping hot. Bona petite.

- **Green Chili and Mung Bean Soup**

Serves 8-10

* 2 cups Organic Mung beans

* 6 Roasted Green chiles peeled, deseeded and chopped or 2 small cans chopped green chiles

1 medium Yellow onion, diced
 2 medium Green pepper, diced
 1/4 cup Olive oil
 1/2 gallon Vegetable stock or water
 * 1/4 cup Parsley, chopped
 * 1/8 cup Garlic, chopped fine
 * 1/2 ounce Tabasco
 * 2/3 teaspoon Chili powder
 * 1/2 teaspoon Cumin
 * 1/2 teaspoon Dried basil
 * 1/4 teaspoon White pepper
 * 1/8 teaspoon Cayenne
 * Salt to taste

Saute onion and peppers in olive oil until onions are transparent. Wash mung beans. Add veggie stock or water, mung beans and remaining ingredients. Bring up to boil on medium heat, then turn down and simmer for 1 hour.

Snacks, Drinks & Desserts

- Fresh Mint Tea

Big hand full of fresh mint leaves, rinse well
 2 quarts of Water

Bring water to a boil. Seep a hand full of mint leaves in water for 15 minutes. Add honey to sweeten (optional). Good for circulation, digestion.

Yogi Tea, Homemade in Various Quantities

For 3 quarts of raw yogi tea:

3 quarts and 3 cups water
 1 cup chopped ginger (unpeeled, washed)
 2 heaping tsp of black peppercorns
 1 level tsp cloves
 1 level TBSP + 2 tsp cardamom pods crushed
 5-6 cinnamon sticks

Bring to boil, then turn low and keep at low boil for 1 hour, keeping it covered.

1 heaping TBSP of black tea after boil or 5 tea bags

Turn off tea; add 1 heaping TBSP of bulk black tea in tea ball or 5 tea bags. Cover and let steep for 5 minutes. Remove tea and let spices sit up to overnight, but at least a couple of hours. Then strain.

If you don't combine it with milk until you use it, it will last a week or two in your refrigerator.

Otherwise add 6 cups of milk or soy at end and bring back to a boil to amalgamate flavors. Turn off, add honey, stir well and serve piping hot. Sweeten with 1/3 cup honey (add less if soy milk due to its pre-sweetened quality) and a dash of vanilla extract and serve.

The general rules of thumb are:

1/3 c honey per mixed gallon of yogi tea. Use 2 parts raw tea to 1 part milk/soy.

If you want to use the raw yogi tea to fix yourself one or more cups at a time, you multiply 2/3 of your tea cup size by however many servings. Then you add 1/3 cup milk/soy

multiplied by the same amount of servings. Bring both tea and milk/soy to a boil to amalgamate flavors. Then turn off mixed tea and add 1 tsp of honey times how many servings and stir well. Add a dash of vanilla and serve piping hot.

- **Artichoke Dip**

2-3 cloves garlic

1 Cup Artichoke Hearts (I used frozen from Trader Joes)

6-8 Fresh Basil Leaves

1/2 cup chopped Green Chilies (mild)

1 Juiced Lemon

2 Tablespoons Sesame Butter (Tahini)

2 Tablespoons Olive Oil

regular salt & pepper to taste

2 cucumbers peeled and sliced. Drizzle lemon juice and sprinkle with black salt and cumin (optional).

Put garlic in food processor and chop, add the rest of the ingredients (except for the cucumbers/black salt/cumin) and pulse. Should be somewhat chunky and smooth at the same time. Eat with cucumber slices drizzled with the lemon juice or any other green dipping vegetable.

- **Guacamole**

Ingredients

2 ripe avacados

1/2 white onion, minced (1/2 cup)

1 or 2 serrano chiles, stems and seeds removed, minced

1 Tbsp cilantro leaves, finely chopped.

1 Tbsp of fresh lime or lemon juice

1/2 tsp coarse sea salt

Dash freshly grated black pepper

Directions

Cut avacados in half, Remove seed. Scoop out avacado from the peel, put in mixing bowl.

Mash the avacado with a fork.

Add the chopped onion, cilantro, lime/lemon juice, salt, and pepper, then mash some more.

Start with 1/2 of one serrano chili, add to avacado, then test for hotness. Add more if desired.

Serve immediately.

- **Mungous Dip (similar to Hummus, but Green)**

1 cup Mung Beans

4 cups Water

2 limes squeezed

2 cloves garlic minced

2 Tablespoons Sesame Tahini Paste

2 Tablespoons of Olive Oil

1 teaspoon salt

Squirt Braggs

1/4 teaspoon black pepper

dash of cayenne pepper

Bring Mung Beans to boil in water and turn heat to low and continue to boil for 35-40 minutes until done. Or pressure cook for 12 minutes with a quick release. Strain Mung Beans and smash or blend with the rest of the ingredients. Use as a dip with green vegetable slices for the Green Diet or the Mungs Beans & Rice Diet. Vegetables such as cucumber or zucchini slices, bell pepper squares or celery sticks, etc... Enjoy.

- **Tomatillo Pistachio Salsa**

Tomatillo

1 lb. (453 g) fresh tomatillos

1 large onion, coarsely chopped

1 clove garlic

Fresh lime juice to taste

Salt to taste

1/2 (118 ml) cup raw pistachios

1. Remove the husks from the tomatillos and wash them. Cut them in half and put them into a 3 or 4-quart (3 or 4 liter) saucepan with just enough water to cover.

2. Cover saucepan and bring to a boil over high heat. Boil about 2 or 3 minutes. Using a slotted spoon, put the tomatillos and onions into the food processor along with the garlic. Process to chunky consistency.

3. Add lime juice and salt, adjusting the flavors to your own personal taste. Remove to a bowl and stir in pistachios. Refrigerate until ready to use. Makes about 3 cups (717 ml).

NOTE: Since the pasilla peppers can sometimes be a bit spicy, we keep the salsa unspiced. However, if you've got a bent for the spicy life, add jalapeno to taste when you whirling the tomatillos and onions in the processor.

- **Spinach, Artichoke, and Green Olive Pesto**

Spinach, Artichoke, and Green Olive Pesto

1 9 oz. bag baby spinach

6 cloves raw garlic

6 canned or marinated artichoke hearts, drained

18 pitted green olives, drained

3 tablespoons green olive brine

4 to 6 tablespoons extra virgin olive oil

In a food processor, first make the dressing by mincing the garlic, artichoke hearts, and olives.

Add the green olive brine and the extra virgin olive oil; blend well. Put the dressing aside.

Process the spinach until finely chopped; add the dressing and mix well.

If needed, add more green olive brine or extra virgin olive oil to taste. Serves 2.

- **Jasmine-Mint Sorbet**

4 cups water

1/2 cup superfine sugar

3 tablespoons loose jasmine green tea

1 cup mint leaves

3 tablespoons fresh lemon juice

Bring the water to a boil in a medium pan. Remove from the heat and stir in the sugar, tea and mint.

Let stand and infuse 20 minutes, stirring occasionally.

Strain through a fine sieve into a bowl. Stir in the lemon juice. Refrigerate until chilled. Place the chilled mixture into an ice cream maker and freeze according to manufacturer's directions.

Serve immediately or place in freezer.

Transfer to refrigerator an hour before serving to soften.

Makes 1 quart.

- **Kiwi Sorbet**

You can make this and freeze it in bowls or in popsicle molds for a green dessert idea.

Serves: 6 to 8

8 ripe kiwis

1/4 cup Maple Syrup

1/2 cup water

2 tablespoons lemon juice

Peel kiwis. Puree in a food processor. Combine water and sugar. Heat in a saucepan until sugar is dissolved. Cool the syrup. Add the lemon juice and kiwi puree.

Pour the mixture in small serving bowls or popsicle molds and freeze. Serve with kiwi slices or other color contrasting fruit if desired.

- **Lime Flavored Honeydew Popsicles**

Note:

Popsicles can be made substituting cantaloupe, watermelon or other sweet melon of your choice instead of the honeydew, if desired.

Ingredients:

1/4 cup agave or maple syrup

1 (3 1/2-lb) ripe honeydew melon, peeled, seeded, and cut into 1/2-inch pieces (4 cups)

2/3 cup fresh lime juice

Special equipment: 6 to 10 Popsicle molds and sticks

Instructions:

Blend half of melon and half of lime juice in a blender until smooth. Add syrup and remaining melon and lime juice and puree until smooth. Force puree through a fine-mesh sieve into a 2-quart glass measure or bowl, pressing on solids and then discarding them.

Pour mixture into molds and freeze until slushy, about 2 hours.

Insert sticks, then freeze Popsicles until completely hardened, at least 6 hours.

Note:

Popsicles can be made 2 days ahead (flavor diminishes if made any earlier).

Makes 6 to 10 popsicles.