

Your Green Kitchen

Here are five ways to go green and eco-friendly in your kitchen.

Eat green foods such as kale, spinach, romaine lettuce, zucchini, and dandelion greens. They contain phytochemicals that boost the immune system and fight diseases like cancer.

Use cold pressed olive oil for salad dressings and other recipes that call for oil. Olive oil contains linolenic acid which is also found in breast milk. Olive oil is one of the good fats and helps to lower bad cholesterol levels. Try this simple recipe for salad dressing. Combine two parts olive oil, one part balsamic vinegar, and a tsp of prepared mustard. Serve it with green leafy vegetables.

Tofu is a soybean product which has little flavour on it's own but easily takes on the flavour of other foods. Try adding it to your favorite chili recipe. Grate one block of firm tofu and add to the basic recipe.

Buying some organic produce has a double benefit. It's good for you and it's good for the environment. Check to see if there's an organic market or organic food delivery service near you. The next best alternative is to wash all fruits and vegetables with soap. Ordinary dishwashing soap works well if everything is rinsed thoroughly.

Eat whole grains. Grains that are part of ordinary food production are ground and exposed to heat which destroys nutrients. Whole grains contain more essential nutrients and are much closer to the way nature intended.