



Organic towels

Spread that good will toward your own body to the planet as a whole. These soft, absorbent organic cotton kitchen towels are not only pretty and useful, but they're the product of agricultural practices that replenish and maintain soil fertility, reduce the use of toxic and persistent pesticides and fertilizers, and build biologically diverse agriculture. And that should give you something to feel good about while you dry your wine glasses!

Pacific Rim Hummus

Ever notice how—in January—your jeans feel like sausage casings? Rectify the results of that seasonal overindulgence with this healthful, high protein dip. Half a cup-full contains less than 100 calories! It is great with veggies and wholegrain crackers, but also makes a delightful spread for vegetarian sandwiches.

- 3 green onions, white part only, sliced**
- 1 10-ounce package frozen shelled edamame**
- ¼ cup fresh cilantro leaves**
- ⅓ cup water**
- 2 tablespoons freshly squeezed lime juice**
- 1 tablespoon minced fresh lemongrass**
- 1 tablespoon sesame oil**
- 2 cloves garlic, minced**
- 2 teaspoons finely chopped fresh gingerroot**
- 1 teaspoon coarse sea salt**
- ¼ to ½ teaspoon red pepper flakes**
- ¼ teaspoon five spice powder**

- 1** Cook edamame according to package directions. Drain well, rinse with cold water and drain again.
- 2** In the bowl of a food processor fitted with a metal blade, combine onions, cooked edamame, cilantro, water, lime juice, lemongrass, sesame oil, garlic, gingerroot, sea salt, red pepper flakes and five-spice powder. Cover and process until almost smooth.
- 3** If desired, garnish with additional chopped green onions and red pepper flakes.
- 4** Serve with vegetable dippers and whole grain flatbread. Make 2 cups.

