

Green Tea Soups & Powders

Green Chili Pepper Soup

1. Heat 32 oz chicken stock in a pot.
2. Dice 1 large or 2 small onions and microwave 2 minutes.
3. Mash half of the onion and 1 can Canellini beans.
4. Shred or dice 1 lb cooked chicken breast meat.
5. Add the following to chicken stock:
 - mixture of mashed onion and Canellini beans
 - the rest of diced onions
 - 2 cans (14 oz each) Canellini beans
 - shredded chicken meat
 - 1 can (7oz) diced green chili
 - 1 tsp. minced garlic
 - 1 Tbsp. Cumin powder
 - 1/2 tsp. Cayenne pepper
5. Cook and simmer about 30 minutes.
6. Season with 1/2 tsp. Matcha powder and 1/2 tsp. black pepper. Turn off the heat.
7. Serve with shredded Pepperjack cheese and Cilantro leaves as topping. Sift a pinch of Matcha powder over the topping if you wish.

Lemon Basil Coconut Soup

1. Cut 1 chicken breast into bite size pieces. Season chicken meat with SEI MEE TEA's "MATCHA Lemon" powder.
2. Slice 1 carrot and 1 celery stalk diagonally.
3. Saute carrot and celery with 1 Tbsp. coconut oil until tender.
4. Remove carrot and celery and add seasoned chicken meat to the pan. Add coconut oil if needed.
5. When chicken meat is fully cooked, put carrot and celery back to the pan.
6. Add 1 can of coconut milk to the pan. Turn heat down to medium low and simmer till coconut milk is warm. Turn off the heat.
7. Add 4-5 basil leaves before serving.

Lemon Sauce for Shrimp Cocktail

1. Cook and peel shrimp according to the instructions on the bag of shrimp product. Chill shrimp till use.
2. Whisk 1/2 tsp. SEI MEE TEA's "MATCHA Lemon" powder in 1/4 cup heavy cream till it becomes a smooth liquid.
3. Microwave 1 minute with 40% power to warm it up slightly. (Each microwave varies so experiment.)
4. Add 1/4 tsp. potato/corn starch and mix well.

5. Microwave 1 minute with 30% power so the mixture thickens but still is silky smooth.

6. Add a dash of black pepper and 'Herb de Provence' (optional).

7. Serve with chilled shrimp and basil leaves as garnish.

Turkey Casserole

Preheat oven at 375 degrees.

1. In a greased casserole, add in the order:

- 1/2 of can (10 3/4 oz size) cream of chicken soup
- 2 medium potatoes, very thinly sliced
- 1 medium very thinly sliced sweet or candy onion
- 2 cups fresh string beans (preferably steamed slightly before adding)
- 1 cup fresh shiitake mushrooms, sliced
- 1-2 cups chicken or turkey meat (any part will do), cut into bite size

2. Then, add on top

- 1/4 teaspoon Edible Green® ground green tea or Matcha mixed in with 1/2 of cream of chicken soup
- 1 cup goat cheese, crumbled
- 1 cup rice milk or soy milk mixed with 2 Tbsp. flour, rice flour, cornstarch, or tapioca flour

- 2 Tbsp. butter, cut up into small pieces and dropped evenly.

3. Bake all for 45 minutes, check to see if potatoes are done.

4. Top with 1/4 c French fried Onion Crisps. Bake 5 minutes more.

Lemon Cranberry Bread

1 3/4 C all-purpose flour
3/4 tsp. Edible Green® green tea powder

3/4 C sugar

2 tsp. baking powder

1/4 tsp. salt

1 C fresh/frozen cranberries

1 egg

1 C milk

1/4 C grapeseed oil

2 tsp. finely shredded lemon zest

1 Tbsp. lemon juice

1. Preheat oven to 350F. Grease the bottom and 1/2" up the sides of an 8x4x2" loaf pan. Set aside.

2. Mix the first 6 ingredients.

3. Mix the next 5 ingredients.

4. Add liquid mixture to dry mixture. Stir just till moistened.

5. Spoon batter into the prepared pan.

6. Bake for 55 minutes.

7. When cool, remove loaf from pan. Wrap and store overnight before serving.

Roast Beef seasoned with Matcha Mint, Spinach & Goat Cheese



Roast Beef seasoned with MATCHA Mint, Spinach & Goat Cheese Bites



1. Season beef with SEI MEE TEA's "MATCHA Mint" powder, salt, and black pepper. Roast according to your favorite recipe. Cool the meat till it's safe to handle.
2. Slice the meat and cut into bite size pieces.
3. Cut goat cheese into bite size pieces.

4. Wrap beef and goat cheese in a spinach leaf. Secure the roll with a tooth pick.

5. Garnish with sliced red radish. (Optional)

Prebiotic & Probiotic Blend

Sei Mee Tea Miso Soup

1) Put the following ingredients in Blender Bottle® and shake well.

1 Tbsp. Miso (I used shiro-miso, white miso, which is naturally sweeter than other kinds.)

½ tsp. Tahini

¼ tsp. Edible Green® green tea powder

¼ tsp. Garlic powder

1 Tbsp. water

2) Pour the mix in a bowl and add ¾ c hot water and stir.

Probiotic Yogurt + Prebiotic Green Tea = Healthier drink

Basic recipe:

Put the following ingredients in Blender Bottle® and shake well.

¼ c yogurt with flavor of your choice

¼ tsp. Edible Green® powder

Honey or Agave nectar (optional)

Here are a couple of my favorite variations:

Green tea Yogurt drink – Ginger Flavor

Put the following ingredients in Blender Bottle® and shake well.

¼ c plain yogurt

1 Tbsp. Agave nectar

¼ tsp. Edible Green® green tea powder

¼ tsp. grated ginger

¾ c water or milk of your choice

Green tea Whey Yogurt drink – Maple Flavor

Put the following ingredients in Blender Bottle® and shake well.

¼ c plain yogurt

¼ c whey powder (I used vanilla flavored one.)

1 Tbsp. maple syrup

¼ tsp. Edible Green® green tea powder

¾ c water or milk of your choice

Enjoy!

Cilantro & Green Tea Salad Dressing

Makes about 2/3 cup

1 1/2 cups fresh cilantro leaves or

1 cup of fresh cilantro leaves & 1/2 cup fresh flat leaf Italian parsley

1/2 - 1 teaspoon Edible Green® powder

1/4 cup freshly grated Parmesan cheese*

1 teaspoon grated lime zest

1 - 2 Tablespoon(s) lime juice

1 large garlic clove

5 Tablespoons grape seed oil or Extra-virgin Olive Oil (or any blend of both)

1 Tablespoon Balsamic Vinegar

2 Tablespoons Japanese Vinegar (brown)

1 teaspoon to 1 tablespoon filtered water

1/2 - 1 Juice of lemon (to taste)

Mixed ground pepper & sea salt (to taste)

Blend all above in a mixer. Chill in glass container. Set out to warm a few minutes before drizzling or spooning over salads.

Keeps 1 month.

*Or you can put cheese over salad.

Humus with Spinach

Makes approx. 2 cups

1 Cup fresh organic spinach leaves, cleaned

1 Can Navy or Cannellini Beans, drain & rinse

3 - 5 Cloves or Garlic

1/2 - 1 teaspoon Edible Green® powder

1 Tablespoon Tahini paste or ground sesame seeds

1/4 + Cup freshly squeezed lemon juice (organic or Meyer's lemons are best)

1/4 to 1/2 teaspoon dried red chili pepper (without seeds)

Sea salt & fresh multi colored ground pepper

In blender in this order: Add spinach leaves, chopped garlic, white beans, Tahini, lemon juice, and chili pepper and green tea. Blend together until smooth. Add sea salt & ground pepper to taste. Chill 2 - 4 hours before serving.

Serve with Pita Chips, Tortilla Chips, Italian Toast, or Rice Chips. Keeps 2 - 4 weeks.

Rosy Lettuce & Green Tea Soup

Serves 4 - 6

4 Cups tightly packed, coarsely shredded Bibb Lettuce (or Chinese Cabbage)

2 Tbsp Butter and 2 Tbsp Olive or Grapeseed Oil

1 Cup very ripe tomatoes, peeled, chopped or

1 Can diced tomatoes

4 Cups Hot chicken broth

1 teaspoon chervil or basil (fresh)

1/2 - 1 teaspoon Edible Green® powder

Small bunch of cilantro or Italian parsley

4 - 6 Crimini or Shitake mushrooms sautéed in Grapeseed or Olive oil with 1 clove chopped garlic.

Sea salt & Ground pepper

Rosy Lettuce & Green Tea Soup

Makes about 1 Cup

1 1/2 Cup Fresh Basil, washed and dried

1/2 Cup Fresh Italian Parsley

1/4 Cup Parmesan cheese

1/2 to 1 Teaspoon Edible Green® powder

3 Tablespoons pine nuts or walnuts

1 teaspoon grated lemon zest

1/8 Cup lemon juice

2 to 3 medium sized garlic cloves

1/4 Cup Balsamic Vinegar

1/4 Cup Cold Pressed Extra Virgin Olive Oil or Grapeseed Oil

Sea salt & ground mixed peppercorns

Layer in blender as listed above. Mix until smooth and give it a taste test to see if anymore of the above is needed. Chill and serve with your favorite pasta.

Optional: add grilled or steamed chicken or fish and sliced roma or cherry tomatoes.

In large kettle over medium heat, sauté the lettuce in the butter until wilted, 2 - 3 minutes. Add tomatoes and basil and cook, stirring 3 minutes more. Pour in broth, bring to low boil, reduce heat, cover & simmer 10 minutes.

Add sea salt & ground pepper to taste. Top with sautéed mushrooms and garnish with chopped Cilantro/ Italian Parsley.

Lemon & Ginger Pears

Use firm pears for this recipe (Bosc and Asian Pears hold up well in cooking.)

Make ahead and chill for serving.

Works best in 3 1/2 quart slow cooker but will be good on low burner for 30 min. to 1 hr.

Serves 6.

Fruit

1 1/2 Cups filtered water

1 1/2 Cups Apple Juice (no sugar added, organic is recommended)

2 Tbsp. Crystallized ginger cut into small bits

1 - 2 Tbsp. grated fresh ginger with 1/8 Cup honey, light agave, Zero, or favorite sugar substitute.

1 Tsp. Grated lemon zest (plus 1 Tsp. for topping when served)

6 firm pears, peeled, cored and cut length wise.

1/8 to 1/4 Tsp. Edible Green® ground green tea powder

For topping : Light whip cream or plain yogurt slightly sweetened (vanilla if not too strong)

1 Tsp lemon zest Nutmeg in grinder preferred, but can sprinkle carefully

Simmer water, apple juice, ginger, lemon peel, pears and green tea until pears are slightly tender and still hold together. Coll slightly then gently ladle pears into a glass dish slightly covering the fruit with juice. (Reserve the rest of the juice to use in a salad dressing below*)

To Serve: Drain Juice and keep as mentioned above. Gently place pears on small desert plates or bowls, dollop with whip cream, a few sprigs of lemon zest and a slight dash of nutmeg. A thin wafer or oatmeal cookie complements this dish.

Winter Pear Salad & Dressing

Equal amounts of pear juice, cold pressed sunflower, canola or safflower oil, white wine vinegar or Japanese Vinegar and 1 - 2 Tsp. maple syrup. Serve over spinach or romaine lettuce, with chopped pears or apples sprinkled with crumbled goat or feta cheese. Optional : small cranberry bits and slivered toasted almonds.

*Adapted from the Diabetes Comfort Food Cookbook, Burkard & Finlayson, Rodale Press.

*Historic Hood River Hotel, Cornerstone Cuisine Grill & Fine Dining, Hood River, Oregon.

Split Pea Soup

Makes 4 servings.

1 1/2 Cups Drived Split peas (green, yellow, or mix)

32 oz Chickent broth

1 - 2 Cups water (check thickness as cooking)

Wash Peas and simmer until soft

Prepare to add:

1 large turnip or peeled potato, washed and diced

1 large carrot, cleaned and chopped in 1/4 size pieces.

2 large celery sticks, cleaned and sliced

1/2 sweet onion, chopped

1 tsp celery seed

1/4 tsp. sea salt

1/4 tsp. mixed ground pepper

Optional: 1/8 tsp. finely chopped dried red pepper

1-1 1/2 cups diced ham or chicken

Add above to soup and simmer 1/4 hour to 45 minutes.

Check and stir.

Before serving add:

1/4 to 1/2 tsp. Edible Green® Ground Green Tea

2 Tbsp fresh chopped parsley.

Stir and serve and enjoy