

Experience Some Green Dining

by Lara Jackson



It's a New Year, which means New Year's resolutions. One of the most popular resolutions is health – getting in better shape, exercising and eating better – not just healthier foods, but changing your eating habits to include organic, vegetarian and even vegan fare. And, when dining out, why not try some green restaurants, which have been popping over the past few years. You don't have to trek all the way into Chicago to experience these restaurants; there are plenty of green restaurants in the suburbs. Listed are just a few restaurants you can try out.

Blind Faith Café

A certified green restaurant by the Green Chicago Restaurant Coalition (GCRC), the Blind Faith Café in Evanston has been a staple in vegetarian cuisine for over 30 years. According to its Web site, “Our delicious vegetarian cuisine nurtures the body and contributes to a healthier and more sustainable environment.”

Located at 525 Dempster Street in Evanston, the café is open for lunch and dinner and offers a wide variety of bakery items – from tiramisu to vegan pumpkin pie to cappuccino brownies.

For more information, including hours and their menu visit www.blindfaithcafe.com or call 847-328-6875.

prasino

If you're out in the western suburbs, check out prasino, located at 93 South La Grange in La Grange. prasino, which means “green” in Greek, is sustainable from top to bottom. The restaurant has embraced an ecofriendly and organic menu “...committed to local growers, artisanal food producers and organic agriculture...”

The restaurant's décor is even green with an eco-chic design which incorporates reclaimed wood in its tabletops and floors to light fixtures crafted from recycled wine bottles and corrugated cardboard boxes. The kitchens are designed to reduce energy and water use and ecofriendly cleaning products are used.

There is also another prasino located in the Wicker Park neighborhood in Chicago. For more information including hours and their menus visit www.prasino.com or call the La Grange location at 708-469-7058 or the Wicker Park location at 312-878-1212.

For more green restaurants, visit the GCRC's Web site at www.buygreenchicago.org.

So, even if you have decided to “be green” and eat more organic food you don't have to avoid dining out, there are plenty of green restaurants to choose from both in the city and the suburbs, these were just a sampling of a few green dining choices.

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