



## **Gourmet Macrobiotic/Vegan Cooking Classes**

with Meredith McCarty, NE, Cookbook Author, [www.healingcuisine.com](http://www.healingcuisine.com)

**LOCATIONS:** Menlo Park (Sept. & Oct.) & Palo Alto (Nov. & Dec.); address provided upon registration.

**REGISTRATION:** Send a check made out to Healing Cuisine to Judy Serebrin, 420 Arch St., Redwood City, CA 94062. Or email or call Judy at [serebrin@sbcglobal.net](mailto:serebrin@sbcglobal.net) or 650-364-1659 (home) or 415-215-2066 (cell).

### **Bountiful Beans—The Perfect Protein** **Sat., Sept. 18, 2:00-4:30 PM (Menlo Park)**

The fiber in beans—along with the lack of cholesterol, saturated fat and animal hormones, when compared with meats—make them the premier protein source for health.

#### **MENU**

Rancho Gordo Heirloom Bean Cassoulet  
Potato, Chickpea & Spinach Curry with Brown Jasmine Rice  
White Beans with Pepper & Parsley  
Lentils Braised in Red Wine  
Apple Streusel Pie

### **Italian Cuisine for Cancer Prevention & Recovery** **Sat., Oct. 16, 2:00-4:30 PM (Menlo Park)**

October is Breast Cancer Awareness Month. Sixty percent of cancer in the US is caused by the food we eat. Get the latest information on cancer prevention and management.

#### **MENU**

Appetizers: Oven-Roasted Chestnuts, Fresh Vegetable Juice  
Farro Soup *Zuppa di Farro*  
Italian *Lacinato* Kale with Raisins & Toasted Pine Nuts  
Bread Salad with Butternut Squash *Panzanella*  
Perfect Poached Fruit with Apple-Tahini Crema



## **Super Soups**

**Sat., Nov. 13, 2:00-4:30 PM (Palo Alto)**

These vegetarian soups, including a variation of one that appeared in the last issue of *Gourmet* magazine, will keep you entertained and nourished all season long.

### **MENU**

Sweet Pepper Bisque with Basil-Orange Cream  
Spicy Yam & Coconut Soup  
Butternut Squash Soup with Leeks & Lentils  
Scarlet Carrot Soup  
Fragrant Walnut-Raisin-Rum Cake

## **Staying Healthy through the Holidays**

**Sat., Dec. 11, 2:00-4:30 PM (Palo Alto)**

Freedom comes *through* cooking when you make these simple yet satisfying dishes that keep your blood clean and strong, and your energy crisp.

### **MENU**

Healing Teas  
Vegetable Sukiyaki with Whole Grain Noodles  
(including Wheat-Free & Gluten-free Noodles)  
Pressure-Cooked Short Grain Brown Rice with 3 Toppings  
Easy Chunk-Cut Root Vegetables & Green Cabbage with Fresh Dill  
Sesame Carrot and Burdock Sauté  
Cinnamon Cider Pudding

## **Heal Your Body Naturally with Everyday Cooking!**

**MEREDITH MCCARTY**, Nutrition Educator, is the author of three cookbooks including the award-winning *Sweet and Natural*. She is a former associate editor of *East West/Natural Health* magazine and co-director of the East West Center for Macrobiotics for 19 years. Meredith studied macrobiotics with Michio and Aveline Kushi and with Herman and Cornelia Aihara in the 1970s. She has a Senior Certificate in the Art of Cooking from the Kushi Foundation. She is an associate of Physicians Committee for Responsible Medicine and has worked in educational programs with Drs. Benjamin Spock, Dean Ornish, John McDougall and Neal Barnard.