

Gourmet Vegetarian Dinners

August and September 2006

Every Monday, 6:30 PM. Sit down or takeout, \$14. \$5-10 donation suggested for lectures.
First Baptist Church, 305 North California Avenue at Bryant, Palo Alto, 1/4 mile East of Alma.
Sponsored by the Peninsula Macrobiotic Community. Chef Gary Alinder.

Reservations Requested by Monday 9:30 AM: 650 599-3320

<http://peninsulamacro.org>

August 7 – Guest Chef Susanne Jensen

Mom's Summer Soup with Fresh Peas and Corn
Millet "Mashed Potatoes"
Tempeh in a Savory Mustard Sauce
Orange Roasted Beets and Greens
Mixed Green Salad with Creamy Tahini Dressing
Old Fashioned Chocolate Chip Cookies
Lemon Verbena-Mint Tea

August 14 – Guest Chef Susanne Jensen

Corn Soup
Black Bean Stew
Polenta and Pesto
Garlic Roasted Cauliflower
Romaine Salad with Balsamic Vinaigrette
Carrot Cake
Herb Tea

August 21 – Summer Salad Bar

Summer Veggie Chowder
Quinoa-Corn-Pine Nut Salad
French Lentil-Roasted Mushroom Salad
Very Veggie Salad
Mixed Greens
Cherry Tomatoes
Creamy Italian Dressing
Hummus with Pita Bread
Peach Cobbler
Iced Tea

Joe Deisher speaks on
**After Dinner Talking and Walking:
Social Connection and Physical Embodiment**

August 28 – Japanese Warm Weather Fare

Light Summer Miso Soup
Nori Roll-ups with Sushi Rice, Tempeh and Ginger Pickles
Green Beans with Black Sesame Dressing

Continued

August 28 (Cont'd)

Lettuce, Wakame, Cucumber and Tomato Salad
Brown Rice Crispy Bars
Chilled Barley Tea

September 4 – Labor Day Holiday, No Dinner

September 11 – Cal-Mex Flavors

Sopa de Frijoles y Nopales (Pinto Bean Soup with Cactus)
Crispy Tostadas with Chipotle Seitan, Black Bean Refritos,
Guacamole, Fresh Salsa and Tofu Sour Cream
Achiote Rice
Spiced, Baked Sweet Potatoes
Mixed Greens with Red Onion, Jicama and Mango
Coconut Cake with Orange Glaze
Hibiscus Tea

September 18 – Portuguese/Spanish Inspirations

Butternut Squash Soup
Saffron Rice Paella with Garbanzos and Veggies
Cauliflower with Garlic and Paprika
Wilted Greens with Golden Raisins and Pine Nuts
Pickled Red Onions
Almond-Fig Chocolate Squares
Cinnamon Grain "Coffee"

September 25 – Viva Italia!

Zuppa di Orzo e Fagioli (Barley and Red Kidney Bean Soup)
Farfalle (Bow Tie Pasta) with
Arugula Pesto and Cherry Tomatoes
Baked Eggplant Parmigiana
Sweet Simmered Carrots with Summer Herbs
Mixed Greens with Orange and Fennel
Hazelnut Crisps
Tea

Ken Becker speaks on **Does Macrobiotics Heal?**

The Peninsula Macrobiotic Community Nineteen Years of Gourmet Vegetarian Dinners

Chef: Gary Alinder
Assistant Chef: Chuck Collison
Guest Chef: James Holloway
Backup Chef: Paul Schmitt
Clean-up: Colleen Corey, Paul Moran

President: Ken Becker
Dinner Manager: Miklane Janner
Dinner Manager (ex-officio): Ilona Pollak
Newsletter Editor/Webmaster: Gerard Lum
Volunteers: Jane Kos, Patricia Becker, Bob Griffin, K.C. Griffin

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