

Gourmet Vegetarian Dinners

February and March 2007

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>

February 5

Mushroom-Barley Soup
Hearty Winter Veggie and Seitan Stew
Macaroni and Tofu "Cheese"
Steamed Broccoli with Roasted Cauliflower and Red Onions
Mixed Green Salad
Peanut Butter Cookies
Tea

March 5

Rich Mushroom Broth with Rice Noodles
Ma Po Tofu
Five Flavor Rice Stirfry
Savory Daikon and Carrots
Pea Shoots Sauté with Roasted Garlic
Trail Mix Cookies
Jasmine Green Tea

February 12 – *Valentine's Celebration (\$16)*

Lima Bean and Corn Soup
Savory Neatloaf with Mushroom Gravy
Mashed Potatoes and Parsnips
Sweet and Tangy Red Cabbage with Apples
Glazed, Roasted Carrots
Watercress with Lemony Vinaigrette
Sweetheart Chocolate Cake with Raspberry Sauce
Choice of Teas or Grain Coffee

March 12

Cuminy Squash and Garbanzo Soup
Spanish Potato and Veggie Tortilla
Vegetable Tagine with Olives
Couscous
Mixed Green Salad with Citrus Dressing
Date-Sesame-Almond Bars
Mint Tea
*Celebrating Macrobiotic Living
with Julia and Carl Ferré*

February 19

Creamy Sweet Potato Soup
Short Grain Rice
Aduki Beans with Young Ginger
Simmered Daikon with Citrusy Miso Sauce
Carrots and Konnyaku with Tofu-Sesame Dressing
Pickled Chinese Cabbage
Peanut-Brown Rice Crispy Bars
Kukicha
Michael Rossoff speaks on
The Tao of Change

March 19

Red Lentil Soup with Caramelized Onions
Pappadums
Cauliflower, Potato, Butternut Squash with
Fragrant Coconut Curry Sauce
Basmati Rice Pilaf
Tanjore Wilted Greens
Tangy Carrot Pickle
Semolina Halva with Golden Raisins
Tea

February 26

Farro and White Bean Soup with Kale
Butternut Squash Parmigiano
Creamy Polenta
Balsamic-Glazed Roasted Vegetables
Romaine and Radicchio Salad with Basil Vinaigrette
Apricot Thumbprint Cookies
Cinnamon Grain Coffee

March 26 – *Guest Chef James Holloway*

Kabocha Squash Soup with Ginger
Creamy Tofu Mushroom Stroganoff
Golden Rose Medium Grain Brown Rice
Garlicky Broccoli Spears
Balsamic Roasted Beets
Mixed Baby Greens with Orange Vinaigrette
Trail Mix Cookies
Peppermint Tea

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

Gourmet Vegetarian Dinners

Monday Nights, 6:30 PM, \$14
First Baptist Church, Palo Alto
305 N. California Avenue at Bryant

Reservations Requested:

Call 650 599-3320 by Monday 9:30 AM

Gourmet Vegetarian Dinners

Monday Nights, 6:30 PM, \$14
First Baptist Church, Palo Alto
305 N. California Avenue at Bryant

Reservations Requested:

Call 650 599-3320 by Monday 9:30 AM

Gourmet Vegetarian Dinners

Monday Nights, 6:30 PM, \$14
First Baptist Church, Palo Alto
305 N. California Avenue at Bryant

Reservations Requested:

Call 650 599-3320 by Monday 9:30 AM