

Gourmet Vegetarian Dinners

August and September 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>

August 6 – Guest Chef Chuck Collison

Golden Mushroom Soup
Sweet Corn, Olive and Basil Tofu Tart
Cumin Scented Quinoa Pilaf
Summer Veggie Medley
Fresh Green Salad with Strawberry Vinaigrette
Roasted Barley Tea
Nectarine Upside-down Cake

August 13 – Guest Chef James Holloway

Savory Black Bean Soup
Tempeh Tamale Pie with Polenta
Braised Broccoli and Bok Choy
Mixed Green Salad with
Avocado Dressing and Tofu Sour Crème
Almond Chip Cookies
Lemon Grass - Mint Tea

August 20

Light Summer Miso Soup
Nori Roll-ups with Sushi Rice,
Marinated Tempeh and Ginger Pickles
Green Beans with Braised Shiitakes
Chopped Summer Veggie and Green Salad with
Creamy Scallion Dressing
Pears Poached in Ginger and Lemon Grass Broth
Chilled Barley Tea

August 27 – Guest Chef James Holloway

Potato Corn Chowder
Tofu Vegetable Stroganoff with Brown Rice
Mixed Summer Vegetables with Parsley Pesto
Green Salad with Roast Asparagus and
Meyer Lemon Vinaigrette
Zucchini Cake
Soothing Herbal Tea
Joe Deisher speaks on
*Standing Up Straight and Settling Down for Health
with Qigong*

September 3

Labor Day Holiday, No Dinner

September 10

Tortilla-White Bean Soup with Cilantro and Lime
Corn Cakes with Barbecued Seitan,
Salsa Verde and Tofu Sour Cream
Golden Saffron Cauliflower and Carrots
Mixed Green Salad with Avocado, Tomato and Radishes
Coconut Rice Pudding with Mango Sauce
Cool Cinnamon Grain “Coffee”

September 17

Creamy Farro and Veggie Soup
Polenta “Lasagna” with Roasted Tomato Sauce
Simmered Cannellini Beans
Mixed Veggie Salad with Italian Dressing
Chard Sauté with Currants and Pine Nuts
Orange-Spice Bars
Tea

Community Art Show:

Let others appreciate what you enjoy!
Show art, by any artist, that you admire and
brings you pleasure.
Sign up with Dinner Manager Miklane Janner.

September 24

Gingery Corn, Napa Cabbage and Noodle Soup
Braised Tofu with Savory Black Bean Sauce
Long Grain Brown Rice with Peas
Slow Simmered Daikon, Carrot and Lotus Root
Chinese Greens Stir-Fried with Shiitake Mushrooms and Garlic
Peanutty Brown Rice Crispy Bars
Jasmine Green Tea

Al Lampell speaks on *Introduction to Spirituality*

The Peninsula Macrobiotic Community

Twenty 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
Newsletter Editor/Webmaster: Gerard Lum
Volunteers: Jane Kos, Patricia Becker,
Bob Griffin, K.C. Griffin, Kate Latham

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