

# Gourmet Vegetarian Dinners

**April and May 2008**

Every Monday, 6:30 PM. Sit down or takeout, \$15. \$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>**

## **April 7**

White Cabbage-Corn Soup with Rich Mushroom Broth  
Vegetarian Pad Thai  
Baby Bok Choy Stir Fry  
Braised Carrots with Rich Coriander-Cumin Gravy  
Sweet and Tart Cucumber Salad  
Sesame Crisp  
Lemon Grass Tea

## **April 14**

Garlicky Greens Posole  
Chipotle Seitan and Black Bean Tostadas with  
Salsa and Tofu Sour Cream  
Quinoa-Corn Salad  
Glazed, Roasted Sweet Potatoes  
Radish, Cucumber, Mixed Greens Salad with  
Cilantro-Lime Vinaigrette  
Coconut Custard  
Cinnamon Grain Coffee

## **April 21 – *Earth Day Celebration!***

Cannellini Bean Minestrone Soup  
Provençal Style Tofu  
Creamy Polenta  
Roasted Cauliflower and Carrots  
Braised Spring Greens with Pine Nuts and  
Orange Blossom Water  
Semolina Squares with Apricot Sauce  
Mint Tea

*Laura Stec* speaks on  
***Beyond the Global Warming Diet,  
Cool Recipes for a Hot Planet***

## **April 28**

Potato-Leek-Spring Garlic Potage  
Quinoa-Black Rice-Corn Croquettes with  
Smoky Barbecue Sauce  
Elbow Noodle-Veggie Salad

*Continued*

## **April 28 – (Cont'd)**

Carrot-Jicama-Cabbage Slaw  
Collard-Kale Sauté with Ginger and Garlic  
Peanut Butter Cookies  
Tea

## **May 5 – 21<sup>st</sup> Anniversary Celebration (\$18)**

Sparkling Fruit Juice Punch  
Spring Green-Potato-Saffron Broth Soup  
Tofu "Chicken" Cutlets with Creamy Sauce and Herbed Biscuits  
Long Grain Brown Rice Pilaf  
Minty Sugar Snap Peas with Carrots  
Watercress and Romaine Salad with Lemony Dressing  
Almond Cake with Chocolate Mousse & Raspberry Sauce  
Choice of Teas

## **May 12 – *Guest Chef James Holloway***

Kabocha Cannellini Bean Soup  
Moroccan Lentil Salad  
Tabbouleh  
Hummus  
Cucumber Salad with Spring Greens  
Oatmeal Raisin Chocolate Cookies  
Lemon Grass and Chamomile Tea

*Jessica Ruby Hernandez* leads ***Yoga Meets Dance™!***  
***Safely explore movement & rhythm in a wildly fun,  
freeing & playful class!***

## **May 19**

Cantonese Vegetable Soup  
Braised Tofu and Bok Choy in Black Bean-Garlic Sauce  
Brown Rice-Veggie Stir Fry  
Sesame Sea Palm with Carrots and Shiitake Mushrooms  
Wilted Napa Cabbage  
Almond Squares  
Jasmine Green Tea

**May 26 – *Memorial Day Holiday, No Dinner***

## ***The Peninsula Macrobiotic Community***

**Twenty-One Years of Gourmet Vegetarian Dinners**

Chef: Gary Alinder  
Assistant Chef (Honorary): 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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