

Gourmet Vegetarian Dinners

February and March 2009

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>

February 2

Cannellini Bean-Roasted Tomato Soup
Neatloaf with Mushroom Gravy
Mashed Potatoes with Chives
Braised Carrots, Parsnips, Peas
Mixed Greens with Silky Mustard Dressing
Trail Mix Cookies
Tea

February 9 – *Miklane's Birthday Celebration*

Yellow Split Pea-Vegetable Soup
Jeweled Sweet Rice Pilaf
Curried Tofu, Potatoes, Squash
Vegetable Medley
Mixed Green Salad Delicious, Vinaigrette
Fresh Coriander Chutney
Apricot Gems
Tea

February 16

Beet and Cabbage Borscht
Kasha Varniska with Tahini-Onion Sauce
Sweet and Tart Red Cabbage with Apples
Maple-Glazed Roasted Winter Squash
Cucumber Salad
Poppy Seed Cake
Tea

Julie Ong and Hana Kilibarda speak on
Cultivating Mindfulness and Beauty Through Macrobiotics

February 23

Cantonese Vegetable Soup
Savory Tofu with Black Bean Sauce
Brown Rice-Veggie Sauté
Braised Chinese Broccoli
Pickled Carrots, Cucumber, Radish
Peanut Butter Cookies
Jasmine Green Tea

March 2

Mushroom-Barley Soup
Hungarian Noodles and Cabbage
Hearty Root Veggie and Seitan Stew
Green Beans with Red Onion Vinaigrette

Continued

March 2 – *Cont'd*

Arugula Salad with Balsamic Dressing
Winter Fruit Compote with Cashew Cream
Tea

March 9

Sopa de Pozole
Enchiladas Rojas
Frijoles Negros de Ollas
Arroz a la Mexicana
Camotes al Horno
Ensalada Mixta
Pan de Elote
Te de Hierba Buena

March 16

Curried Sweet Potato Soup
Millet Loaf with Rich Peanut Sauce
Simmered Red Beans with Butternut Squash
Kale and Collard Sauté
Pickled Beet, Radish and Red Onion Salad
Bread Pudding with Tofu Cream
Grain Coffee

Carl and Julia Ferré speak on
Celebrating Macrobiotic Living

March 23 – *Spring Equinox Celebration* *Guest Chef James Holloway*

Potato Leek Soup with Croutons
Tempeh Triangle Turnovers with Parsley Pesto
Multi Grain Rice Pilaf
Broccoli and Cauliflower with Ume Plum Sauce
Spring Green Salad with Arugula and Sweet Fennel
Millet Oatmeal Delight Cookies
Tea

March 30

Miso Soup with Watercress
Short Grain Rice with New Ginger
Savory Simmered Soy Beans & Veggies
Braised Hijiki and Carrots
Asparagus with Black Sesame Dressing
Citron Pickled Chinese Cabbage
Brown Rice Crispy Squares
Gen Mai Cha

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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