

Gourmet Vegetarian Dinners

August and September 2010

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>

<http://macrochef.wordpress.com>

<http://www.meetup.com/Peninsula-Macrobiotic-Community-Vegetarian>

August 2

Tamarind-Lentil-Summer Veggie Soup
Quinoa-Potato-Pumpkin Seed Croquettes with
Chipotle-Lime Mayo Topping
Corn and Roasted Summer Squash Salad
Carrot Salad with Cilantro and Toasted Cumin and Coriander
Mixed Green Salad with Creamy Avocado Dressing
Plum Crumb Cake
Tea

August 9

Light Summer Miso Soup with Wakame
Nori Roll-ups with Braised Tempeh, Sushi Rice,
Napa Cabbage, Cashew Cream, Pickled Ginger
Soba Noodle Salad with Edamame, Corn and Arame
Mixed Greens with Gingery Dressing
Brown Rice Crunch Bars
Gen Mai Cha
Al Lampell speaks on
Who Do You Think Knows What is Best for You?
Hint, It's not You!

August 16 – Guest Chef Susanne Jensen

Red Lentil Soup
Millet "Mashed Potatoes"
Seitan With Onion Gravy
Orange Roasted Beets And Greens
Mixed Green Salad with Green Goddess Dressing
Old Fashioned Chocolate Chip Cookies
Kukicha Tea

August 23 – Guest Chef James Holloway

Navy Bean and Summer Veggie Soup
Tofu Artichoke and Sun-dried Tomato Frittata
Mixed Grain Pilaf with Roasted Pumpkin Seeds
Steamed Leafy Greens with Ginger Vinaigrette
Summer Squash with Creamy Avocado Dressing
Red Cabbage Pickle
Heavenly Coconut Cookies
Cool Mint Lemon Grass Tea

August 30

Red Lentil-Mushroom-Barley Soup
Tempeh-Potato Croquettes with Dill Mayo Topping
Mashed Carrots and Sweet Potatoes
Tangy Zucchini and Fresh Corn Salad
Wilted Greens with Balsamic Roasted Beets
Oatmeal-Raisin Cookies
Tea

September 6 – Labor Day Holiday, No Dinner

September 13

Creamy Sweet and Tart Chickpea Soup
Summer Vegetable Moussaka
Long Grain Brown Rice-Cabbage-Carrot Pilaf
Steamed Cauliflower with Kalamata Olive Dressing
Mixed Green, Cucumber and Tomato Salad
Semolina-Lemon "Honey" Cake
Mint Tea

Julie Ong speaks on
***The Beauty Diet: Essential Natural Foods for
Beauty and Anti-aging***

September 20

Creamy White Bean Soup with Arugula
Quinoa-Corn-Barley Pilaf
Stuffed Cabbage Rolls with Roasted Tomato Gravy
Steamed Green Beans with Caramelized Onion Dressing
Braised Carrots and Fennel
Pear and Berry Kantan
Tea

September 27

White Cabbage and Corn Soup
Braised Tofu with Shiitake Mushroom Sauce and
Sugar Snap Peas
Long Grain Brown Rice
Bok Choy Stir Fry
Quick Pickled Cucumber
Crisp Carrot, Daikon and Sprout Salad
Teff Date-Nut Bars
Tea

The Peninsula Macrobiotic Community

Twenty-Three Years of Gourmet Vegetarian Dinners

Chef: Gary Alinder
Guest Chef: James Holloway
Backup Chef: Paul Schmitt
Clean-up: Colleen Corey, Paul Moran, K.C. Griffin

President: Ken Becker
Dinner Manager: Ilona Pollak
Newsletter Editor/Webmaster: Gerard Lum
Volunteers: Jane Kos, Kate Latham

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