

Gourmet Vegetarian Dinners

February and March 2012

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>

February 6

Beet Borscht with Tofu Sour Cream
Buckwheat-Potato Croquettes with Rich Onion Gravy
Roasted, Glazed Carrots, Parsnips and Leeks
Simmered White Beans with Braised Cabbage and Onions
Mixed Green Salad with Mustard Vinaigrette
Poppyseed Cake
Tea

February 13 – *Valentine's Day Celebration*

\$18 Sitdown, \$16 Takeout

Sparkling Orange Flavor Mineral Water
Creamy Broccoli, Cauliflower, and Carrot Soup
Herb Chickpea Cutlets with Shiitake Sauce
Quinoa Veggie Pilaf with Sunny Seeds
Sweet and Savory Red Cabbage
Fresh Kale Chiffonade Salad with Toasted Walnuts and
Caramelized Red Onion
Zucchini - Do You Carrot All for Me? Cake
Mint Tea

February 20

Winter Vegetable Posole
Butternut Squash and Pinto Bean Soft Tacos with
Pickled Red Onions and Avocado Tofu Cream
Long Grain Brown Rice with Toasted Pumpkin Seeds
Roasted Cauliflower and Carrots
Mixed Greens and Jicama Salad with Cilantro-Lime Dressing
Coconut Macarons
Cinnamon Grain Coffee

Meredith McCarty speaks on
Healthy at 100

February 27

Kabocha Squash Miso Soup
Short Grain Brown Rice with Sunflower Seed-Dulse Sprinkle
Roasted Onions with Tahini-Miso Sauce
Simmered Aduki Beans with
Sweet Potato, Lotus Root and Ginger
Crunchy Kale Salad with Mirin-Citrus Dressing
Walnut-Raspberry Gems Cookies
Kukicha

March 5

Chinese White Cabbage Soup
Braised Tofu and Tree Ear Mushrooms with
Vegetarian Oyster Sauce
Five Flavor Long Grain Brown Rice
Gingery Gai Lan Stir Fry
Savory Sesame Kombu
Mixed Pickled Vegetables
Peanut Butter Bars
Tea

March 12 – *Chef James Holloway*

Split Pea Soup with Cilantro Garnish
Tempeh, Red Bean and Veggie Chili
Brown Rice Pilaf
Braised Broccoli and Cauliflower
Cabbage, Kale and Radicchio Salad with
Meyer Lemon Dressing
Oatmeal, Raisin and Carob Cookies
Tea

March 19 – *Spring Equinox Celebration*

Creamy Rice Soup with Spring Veggies
Roasted Veggie Polenta Pizza
Tuscan Simmered Cannellini Beans
Braised Cauliflower, Cabbage and Fennel with Green Olives
Mixed Greens Salad with Italian Dressing
Chocolate Dipped Almond-Anise Biscotti
Tea

Julie S. Ong speaks on
The Spring Fat Blast Cleanse

March 26

Sweet and Sour Broth with Cabbage and Carrots
Cashew-Basmati Brown Rice
Roasted Golden Pumpkin with Sweet Indian Spices
Curried Whole Brown Chickpeas
Spiced, Creamed Collards, Kale and Spinach
Minty Radish and Carrot Salad
Pumpkin-Sesame Seed-Fruit Bars
Tea

The Peninsula Macrobiotic Community

Twenty-Four Years of Gourmet Vegetarian Dinners

Chef: Gary Alinder
Chef: James Holloway
Backup Chef: Paul Schmitt
Clean-up: Colleen Corey, Reed Freyermuth

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

Gourmet Vegetarian Dinners

Monday Nights, 6:30 PM, \$15
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, \$15
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, \$15
First Baptist Church, Palo Alto
305 N. California Avenue at Bryant

Reservations Requested:

Call 650 599-3320 by Monday 9:30 AM