



Gourmet Macrobiotic/Vegan Cooking Classes

with Meredith McCarty, NE, Cookbook Author, www.healingcuisine.com

Location: In Menlo Park near the Stanford Shopping Center. Location provided upon registration.

Cost: \$60 per class or \$55 per class with registration for two or more classes

To register, please send a check made out to Healing Cuisine to Patty Evans, 1161 Bonita Ave., Apt. 4, Mt. View, CA 94040.

For more information, please email or call Patty Evans at pevans18@sbcglobal.net or 650-988-9342.

Tempeh Temptations: The Super Soyfood **Saturday, April 24, 2:00-4:00 PM**

Tempeh is higher in protein and lower in fat than tofu. Fermentation produces a medicinal antibiotic that increases the body's resistance to infections and toxins. Learn how to convert recipes based on chicken to tempeh, including a new version of the classic Spanish recipe from The Silver Palate Cookbook.

MENU

Basic Braised Tempeh with Variations
Tempeh Marbella
Brown Jasmine Rice with Spring Greens
TLT Tempeh Bacon, Lettuce & Tomato Sandwich
Strawberry-Rhubarb Pie

Low-Acid Eating: The Best of Macrobiotic, Vegan & Raw **Saturday, May 15, 2:00-4:00 PM**

Eating to balance your pH to slightly alkaline is a fascinating journey of self-discovery. Macrobiotics is based on the values of proportion and balance for health and longevity. Macrobiotic teacher Herman Aihara's book, Acid & Alkaline, is a classic in the field. Learn how to make delicious and digestible cooked, as well as raw, sprouted and fermented foods. Learn which whole grains are the most alkaline-forming, which sea salt is most mineral-rich, and how to reformulate your favorite dressings with significantly less fat.



MENU

Creamy Greens Soup
Millet with Leeks & Spring Garlic
The Most Mineral-Rich Flax & Sesame Salt
Fresh Kale Salad with Oranges & Hazelnuts
Light & Luscious Low-Fat Spring & Summer Salads
Kraut & Sprout Salad
Fresh Fruit Compote with Lavender Syrup

Light & Luscious Summer Desserts **Saturday, June 12th, 2:00-4:00 PM**

You don't have to desert dessert to be healthy! Learn the basics of healthy baking as well as how to make desserts based on fresh fruits that require no cooking. See how Meredith has revised some of the recipes in her award-winning dessert book, Sweet and Natural, to make them even healthier, and how you can do the same.

MENU

Meyer Lemon Cake with Summer Berry Sauce & Fresh Mint
Strawberry & Blackberry-Beaujolais Sorbets
Macedonia Italian Fresh Fruit Compote with Orange Syrup
Fresh Fruit Tarts
Peach Crisp

Heal Your Body Naturally with Everyday Cooking!

MEREDITH MCCARTY, Nutrition Educator, is the author of three cookbooks including the award-winning *Sweet and Natural*. She is a former associate editor of *East West/Natural Health* magazine and co-director of the East West Center for Natural Health Education for almost 20 years. Meredith studied macrobiotics with Michio and Aveline Kushi and with Herman and Cornelia Aihara in the 1970s. She has a Senior Certificate in the Art of Cooking from the Kushi Foundation. She is an associate of Physicians Committee for Responsible Medicine and has worked in educational programs with Drs. Benjamin Spock, Dean Ornish, John McDougall and Neal Barnard.