

Gourmet Vegetarian Dinners

June and July 2007

Every Monday, 6:30 PM. Sit down or takeout, \$14. \$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>

June 4 – *Guest Chef Chuck Collison*

“Creamy” Summer Squash Soup
Tamale Casserole
Savory Pinto Beans
Broccoli with Pepita “Cheese”
Fresh Green Salad with Jicama, Radish, and Avocado Dressing
Coconut Cream Pie with Chocolate Crumble Crust
Cinnamon Grain Coffee

June 11 – *Guest Chef James Holloway*

Shiitake French Onion Soup
Three Bean and Sweet Corn Salad
Brown Rice Pilaf
Very Veggie Salad with Pesto
Mixed Summer Greens with Ginger Balsamic Vinaigrette
Radish and Cucumber Pickle
Zucchini Cake
Tea

June 18

Scandinavian Summer Solstice Celebration

Yellow Split Pea Soup with Smoked Tofu
Rye Flat Breads
Tempeh and Potato Croquettes with Creamy Dill Sauce
Long Grain Rice with Peas and Carrots
Pickled Cucumbers
Swedish Red Cabbage
Spice Cake with Cardamom Icing
Tea

Linda Lenore speaks on
Feng Shui as a Tool for Life

June 25

Lima Bean-Veggie Soup with Cilantro Pesto
Roasted Corn and Zucchini Frittata
Minty Rice and Barley Salad
Green Beans with Portobello Mushrooms
Mixed Green Salad
Blueberry Struesel Cake
Cool Mugi-Cha

July 2

Asian Tofu and Corn Soup
Vietnamese Noodle, Seitan and Veggie Salad
Blue Lake Green Beans with Glazed Walnuts

Continued

July 2 (Cont'd)

Napa Cabbage and Carrot Pickle
Mixed Greens with Sweet and Tart Miso Dressing
Sesame Custard
Lemon Grass Tea

July 9

Veggie “No Chicken” Noodle Soup
Tempeh Salad and Miso Paté-Tomato-Basil Open Face Sandwiches
Confetti Rice Salad
Balsamic-Glazed Roasted Veggie Medley
Mixed Green Salad
Chocolate Chip Cookies
Tea

Meredith McCarty speaks on
Whole Foods Plant-Based Diets for Personal and Planetary Health and Longevity

July 16

Lebanese Lentil Soup
Spanakopita
Tabouli
Summer Vegetables Braised with Mediterranean Herbs
Greek Salad with Basil Vinaigrette
Almond-Sesame Squares
Mint Tea

July 23

Summer Napa Miso Soup
Shiitake-Cashew-Grain Burgers with Barbecue Onion Topping
French Red Potato Salad
Chopped Fresh Veggie Salad
Romaine-Radicchio Salad
Sunflower Crunch Bars
Tea

July 30 – *Guest Chef Susanne Jensen*

French Meadows Favorites

Clear Broth with Soba Noodles and Tofu Cubes
Five-Taste Rice
Lentil Pâté with Crackers
Arame and Sautéed Vegetables
Fresh Salad with Red Onion Dressing
Cous Cous Cake with Strawberry Topping
Barley Tea

The Peninsula Macrobiotic Community

Twenty Years of Gourmet Vegetarian Dinners

Chef: Gary Alinder
Assistant Chef: Chuck Collison
Guest Chef: James Holloway
Backup Chef: Paul Schmitt
Clean-up: Colleen Corey, Paul Moran

President: Ken Becker
Dinner Manager: Miklane Janner
Dinner Manager (ex-officio): Ilona Pollak
Newsletter Editor/Webmaster: Gerard Lum
Volunteers: Jane Kos, Patricia Becker, Bob Griffin, K.C. Griffin

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