

# Gourmet Vegetarian Dinners

## June and July 2008

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>

### June 2

Creamy Lentil Soup with Caramelized Onions  
Mixed Veggies with Cumin-Scented Tomato Gravy  
Fragrant Split Pea-Cashew Fritters  
Cabbage Sauté with Mustard Seeds  
Basmati Rice  
Carrot Pickle  
Coconut Cookies  
Tea

### June 9

Chickpea-Veggie Broth with Pesto  
Cracked Wheat, Parsley and Toasted Almond Salad  
Baba Ghanoush with Whole Wheat Pitas  
Warm, Marinated Summer Veggies  
Greek Salad  
Lemon Squares  
Mint Tea

### June 16 – Guest Chef Chuck Collison

Sweet Vegetable Congee  
Adzuki Bean Croquettes with Gingery Carrot Sauce  
Sesame Soba Noodle Salad  
Cashew Broccoli with Marinated Tofu Strips  
Tangy Citrus Cabbage Radish and Cucumber Salad  
Almond Orange Cake  
Tea

### June 23 – Guest Chef Susanne Jensen

Barley Vegetable Soup  
Black Bean Salad with Fresh Corn  
Polenta with Pesto  
Roasted Summer Vegetables  
Salad Greens with Lemon Dressing  
Chocolate Chip Cookies  
Tea

### June 30

California Corn Soup  
Pinto Bean and Seitan Stew with Salsa and Tofu Sour Cream  
Long Grain Rice with Pepitos

*Continued*

### June 30 – Cont'd

Summer Veggie Medley  
Tossed Green Salad  
Warm Corn Tortillas  
Chocolate Mousse  
Iced Cinnamon Grain Coffee  
*Meredith McCarty* speaks on  
*The Basics of Healthy Eating*

### July 7 – Independence Day Holiday, No Dinner

### July 14 – Guest Chef James Holloway

#### *Bastille Day*

Black Bean Soup a la France  
Tofu Mushroom Stroganoff  
Basmati, Barley, and Wild Rice Pilaf  
Leafy Greens Sauté with Caramelized Onion  
Jicama and Cabbage Salad with Sweet and Sour Asian Dressing  
Zucchini Cake  
Mint-Ginger Tea

### July 21 – Guest Chef Susanne Jensen

#### *French Meadows Favorites*

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

### July 28

Veggies with Rice and Mushroom Broth  
Herbed Wheat Berry Salad with Tofu "Cheese"  
Cannellini Bean Salad  
Balsamic-Glazed Roasted Veggie Salad  
Mixed Greens  
Heirloom Tomatoes  
Carob-Nut Squares  
Iced Tea

## *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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