

# Gourmet Vegetarian Dinners



**Take care of your health—all natural, vegan foods!**  
 Make new friends—communal seating!  
 Reduce your carbon footprint—local foods!

**Mondays, 6:00 pm, \$18, Sitdown or Takeout**

First Baptist Church  
 305 N California Ave  
 Palo Alto, CA 94301

*Community Dinners  
 since 1987!*

**Please reserve by Monday 9:30 am  
 Call 650 599-3320**

Sponsored by the Peninsula Macrobiotic Community  
<http://peninsulamacro.org>

## March 2017

### March 6 – *Chef Shinobeanu McConney* *Taste of Brazil*

Moqueca (Creamy Vegetable Coconut Soup)  
 Black Bean Patties

Patatas with Tomatoes (Sautéed Potatoes with Tomato Sauce)

Sautéed Collard Greens with Mushrooms, Brazilian Style

Rice Salad with Salsa

Gluten-Free Soft Apple Raisin Cup Cake

Black Bean Tea with Hibiscus

*Vegan and Gluten-Free*

~~~~~ *During and After-Dinner* ~~~~~

**Jazz Singer Izumi Hayakawa and  
 Pianist Keith Saunders perform Bossa Nova!**  
 Gratuity for Musicians Appreciated

### March 13 – *Chefs Serda and Bauce* *Classic Macrobiotic Dinner*

Vegetable Miso Soup

Short Grain Brown Rice with Savory Leek Sauce

Gingered Adzuki Beans and Carrots

Roasted Kabocha Squash

Fresh Spring Salad with Toasted Sesame Seed Dressing

Lemon Poppyseed Cake

Kukicha Tea

*Gluten-Free except Dessert*

### March 20 – *Chef Ellie Lavender* *Vegan Mediterranean Dinner*

French Black Lentil Soup with  
 Ginger Almond Yogurt and Chives Garnish

Lemon-Saffron Millet Pilaf with  
 Zucchini, Shallots, Dried Apricots and Toasted Pistachio

Roasted Rainbow Carrots with Fresh Dill

Roasted Golden Beets with Zahtar Moroccan Spice

Red Butter Lettuce Salad with  
 Toasted Hazelnut and Balsamic Herb Dressing

Apple Lavender Tart

Tea

*Gluten-Free except Dessert*

~~~~~ *After-Dinner Presentation* ~~~~~

**Mitsuko Mikami speaks on How to Eat and Live Better by  
 Adopting Yin & Yang, Five Transformations, and  
 Nine Star Ki, \$5-10 donation suggested**

### March 27 – *Chefs Bauce and Serda* *African Flavors*

Winter Vegetable Soup

Country Cornbread

Savory Black Beans

Roasted Sweet Potatoes

Collard Greens with Peanut Sauce

Congo Bars

Red Bush Tea

*Gluten-Free except Dessert*

~~~~~ *After-Dinner Cooking Class* ~~~~~

**Laura Stec teaches Exploration of a Sauce - Macrobiotics,  
 \$5-10 donation suggested**