



02/15/2010  
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As a thank you for purchasing your organic produce from Life, Strength & Health we would like to share with you some delicious recipes that utilize the ingredients that you received in this week's box. Variety in the ways that your produce are juiced & prepared helps you to incorporate them in your diet on a more consistent basis.

Enjoy!

## **Juice Recipes of the Week**

2 Carrots  
1 Apple  
1 stalk Celery

Tangerine  
Apple

Apples  
Pears

Green Chard  
Lemon  
Apple

Collard Green  
Lemon  
Apple

Beet  
Carrot  
Apple

Wash fruits & vegetables. Chop if needed and feed into juicer. If you do not have a juicer you can blend all of the ingredients with 8ozs of water in blender. Then strain with a cheesecloth or juice bag.

## Smoothie Recipe

12 ozs Non Dairy Milk (Soy, Rice, Almond, Oat, etc.)  
Collard Greens  
Natural Sweetener to taste (Agave Nectar, Raw Honey, Stevia)  
2 Tablespoons of Hemp Protein Powder or Vital Mineral Greens  
EFA Oil  
Blender

Wash fruit or vegetables thoroughly. Combine ingredients in blender.

Young Coconut Water  
Young Coconut Meat  
Carob Powder  
Agave Nectar  
Ice cubes

Combine ingredients in blender.

## Meal Recipes

### Sautéed Broccoli

Broccoli, coarsely chopped  
3 tbsp olive oil  
2 cloves garlic, finely sliced  
½ Cup Vegetable Stock  
Celtic & Himalayan Salt  
2 tbsp red wine vinegar

Heat olive oil in a large saucepan over medium-high heat. Add the garlic and cook until soft, but not colored. Raise heat to high, add the stock and broccoli and toss to combine. Cover and cook for 5 minutes. Remove cover and continue to cook, stirring until all the liquid has evaporated. Season with salt and pepper to taste and add vinegar.

### Swiss Chard Recipe

1 Large bunch green chard  
1 small clove garlic, sliced  
2 tbsp extra virgin olive oil  
2 tbsp water  
Pinch of dried crush pepper  
1 tsp vegan butter (Earth's Balance)  
Celtic & Himalayan Salt

Rinse out the Swiss chard leaves thoroughly. Remove the toughest third of the stalk, discard or save for another recipe. Roughly chop the leaves into inch-wide strips. Heat a saucepan on a medium heat setting, add olive oil, a few small slices of garlic and the crushed red pepper. Sauté for about a minute. Add the chopped Swiss chard leaves.

Cover. Check after about 5 minutes. If it looks dry, add a couple tablespoons of water. Flip the leaves over in the pan, so that what was on the bottom, is now on the top. Cover again. Check for doneness after another 5 minutes (remove a piece and taste it). Add salt to taste, and a small amount of butter. Remove the swiss chard to a serving dish.

## **Baked Potato Recipe**

Potato  
Vegan sour cream  
Chives, chopped  
Celtic & Himalayan Salt

Preheat Oven to 450 degrees Fahrenheit. Wash and scrub potatoes under cold running water then pat dry using paper towels. Pierce potato with for a few times. Place potato on center oven rack and bake for 1 hour, until tender with a pierced fork. Slice potato open and garnish with chives, vegan sour cream,

## **Roasted Parsnip Recipe**

1 ½ lbs Parsnips, peeled and cut into 2 ½ inch sticks  
4 teaspoons extra virgin olive oil  
Celtic or Himalayan Salt and pepper  
1/3 cup vegetable Broth  
3 Tbsp vegan butter, softened (Earth's Balance)  
4 teaspoons drained, bottled horseradish  
½ Tbsp finely chopped flat-leaf parsley  
½ Tbsp minced chives  
½ small garlic clove

Pre-heat oven to 400°F. In a large roasting pan, toss the parsnips with the olive oil, salt and pepper. (Use a roasting pan with sides no more than 2 inches high.) Add the broth, cover with aluminum foil and roast, stirring once or twice, until the parsnips are tender and the stock has evaporated or been absorbed, 20-45 minutes (depending on how tender the parsnips are to begin with). Check often to avoid their getting mushy - especially if they are to be reheated later.

Combine the softened butter with the horseradish, parsley, chives and garlic and season with salt and pepper. Toss the warm roasted parsnips with the horseradish-herb butter and serve.

## **Sautéed Collard Greens**

Collard Greens

2 Garlic Cloves

1 Tbsp vegan butter (Earth's Balance)

1 Tbsp extra olive oil

1 tsp lemon juice

Remove and discard stems and center ribs of collard greens. Cut leaves into 1-inch pieces. In a kettle of boiling water cook collards 15 minutes and drain in a colander, pressing out excess liquid with back of a wooden spoon. Mince garlic. In a 12-inch heavy skillet heat butter and oil over moderately high heat until foam subsides and stir in garlic, collards, and salt and pepper to taste. Sauté collard mixture, stirring, until heated through, about 5 minutes. Drizzle collards with lemon juice and toss well.