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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

Beet
Apple
Carrot

Collard Greens
Apple
Carrot

Orange
Apple
Carrot

Kale
Celery
Apple

Pear
Apple

Orange
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.)
Kale
Strawberries
Banana
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

Kale Salad

Kale torn into bite size pieces
Avocado\
Tomato, chopped
Lemon Juice
Dulse
Extra Virgin Olive Oil
Kalmatta Olives Chopped
Himilayan or Celtic Sea Salt
Wheat free tamari

Directions:

Combine kale, olive oil, salt, lemon juice and avocado in a bowl. With your hands mash avocado with kale until it coats the kale leaves. Stir in olives and tomato. Add dulse and wheat free tamari.

Cabbage and Onions

1 Cabbage
1 Onion Sliced
2 Tbsp Extra Virgin Olive
½ Tsp Garlic Powder
1 Tsp Himalayan or Celtic Salt
1 Pinch pepper

Steam cabbage until white parts are clear. Heat olive oil in a pan and sauté onions until soft and gold-colored. Add garlic powder, salt, and pepper to the onions and stir until mixed thoroughly. Stir cabbage into the onions.

In a large sauté pan, sauté onions in olive oil over medium heat until the onions begin to brown and caramelize, about 5 to 10 minutes. Add the minced garlic and cook a minute more, until fragrant.

Add the mustard greens and broth and cook until the mustard greens are just barely wilted. Toss with sesame oil. Season with salt and pepper.

Roasted Beets and Sautéed Beet Greens

1 bunch beets with
greens
¼ cup olive oil, divided
2 cloves garlic, minced
2 tablespoons chopped onion (optional)
salt and pepper to taste
1 tablespoon red wine vinegar (optional)

Preheat the oven to 350 degrees (175 degrees C). Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. If you wish to peel the beets, it is easier to do so once they have been roasted.

Cover, and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet.

When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or vegan butter and salt and pepper.