



03/29/2010
Life, Strength, Health Delivery
70 Pearl Street
North Plainfield, NJ 07080
800.503.7127 Ext. 4

www.LifeStrengthHealthDelivery.com
Info@LifeStrengthHealthDelivery.com

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

Chard
Apple
Carrot

Red Kale
Apple
Carrot

Kale
Cilantro
Celery
Apple

Beet
Apple

Collard Greens
Apple
Carrot

Collard Greens
Red Kale
Chard
Cilantro
Celery
Lemon
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
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

Garden Salad

Red lettuce, chopped
Arugula
Beets, shredded
Carrots, shredded

Directions:

Combine ingredients in a bowl. Serve with your favorite dressing.

Sautéed Red Kale & Zucchini

Red Kale, chopped
Zucchini, chopped
Extra Virgin Olive
Garlic Powder
Cayenne pepper
Wheat free tamari

Heat olive oil in a pan and sauté kale and zucchini. Add garlic powder, cayenne, and tamari stir until mixed thoroughly. Stir cabbage into the onions.

Roasted Beets and Sautéed Beet Greens

1 bunch beets with
greens
1/4 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.