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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

Parsley  
Apple  
Carrot

Cucumber  
Apple  
Carrot

Kale  
Carrot  
Apple

Beet  
Apple

Kale  
Parsley  
Garlic  
Apple

Grapefruit  
Apple

Pear  
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  
Blueberries  
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**

### **Asparagus Recipe**

1 bunch of medium sized asparagus, about 1 lb  
2 Tbsp of the most extra virgin olive oil  
2 Tbsp freshly grated Vegan Parmesan cheese  
1 teaspoon lemon zest - freshly grated lemon rind  
Celtic or Himalayan Salt and freshly ground black pepper

Prepare the asparagus by rinsing them thoroughly, break off any tough, white bottoms and discard. Cut into 1 to 2 inch sections, slicing the asparagus at a slight diagonal.

Fill a medium sized saucepan half way with water, bring to a boil. Add the asparagus and reduce heat slightly to a simmer. Parboil the asparagus for exactly 2 minutes. Drain the hot water. While the asparagus are still hot, toss them in a bowl with the olive oil, Vegan Parmesan, and lemon rind. Salt and pepper to taste. Serve warm or room temperature.

## **Beet and Kale Penne Pasta**

1 1/2 cups onion, diced  
2 T. olive oil, divided  
4 cups beets, peeled, and diced  
8 cups kale (also called dinosaur kale), or other kale variety, roughly chopped  
1 T. garlic, minced  
3 T. freshly chopped dill  
1 T. freshly chopped thyme  
3/4 t. salt  
1/2 t. freshly ground black pepper  
1 lb. penne, rigatoni, or farfalle pasta  
2 T. nutritional yeast flakes

In a large non-stick skillet, sauté the onion in 1 T. of the olive oil for 3 minutes to soften. Add the beets and continue to sauté the mixture an additional 7-8 minutes, or until the beets are crisp-tender. Add the kale and garlic and sauté an additional 3 minutes. Add the fresh herbs, salt, and pepper, continue to sauté the mixture until the kale starts to wilt, and then remove the skillet from the heat.

Meanwhile, in a large pot of salted boiling water, cook the penne pasta until al dente. Remove 1 cup of the pasta cooking liquid and set aside. Drain the penne pasta well and return it to the large pot. Add the reserved cooking liquid, remaining 1 T. of olive oil, and nutritional yeast, and toss well to thoroughly coat the cooked pasta. Add the sautéed vegetable mixture to the pasta, toss well, and watch the pasta turn a vibrant rosy color.

Transfer the mixture to a large platter or bowl for service.

## **Zucchini-Tahini Soup Recipe**

2 Tbsp. extra-virgin olive oil  
1 large onion, diced  
2 large cloves garlic, minced or flattened with the edge of a large knife  
8 cups vegetable broth or vegetarian onion broth  
3 medium potatoes, peeled if desired, diced  
1 medium or large zucchini  
1 (19 oz) can chickpeas (or 2 cups cooked chickpeas), drained and rinsed  
2 Tbsp. tahini  
Celtic or Himalayan Salt and pepper to taste.

Heat oil in a large soup pot over medium heat.  
Add diced onion to pot; stir well to coat with oil. Cook several minutes until onions become translucent.  
Add crushed, minced, or flattened garlic to the pot and stir well.  
Gently add vegetarian broth and diced potatoes.

Hint: To save time, scrub potatoes well and do not peel. Many vitamins lie right below the skin.

Chop vegetables into smaller cubes for faster cooking time.

Slice zucchini lengthwise; rotate and slice lengthwise again. Dice and add to pot.

Drain chickpeas and add to pot.

Bring soup to the boil; reduce heat and simmer approximately 20-25 minutes.

Swirl tahini into pot, if using. Stir well and remove pot from heat.

Season to taste with salt and pepper.

To puree soup, use an immersion blender in the pot (taking care not to splash hot soup) or cool soup to warm and blend in conventional blender until texture of a coarse puree is reached.