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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

Kale  
Cucumber  
Apple  
Carrot

Cucumber  
Apple  
Carrot

Spinach  
Apple  
Carrot  
Tomato

Mustard Greens  
Cucumber  
Kale  
Carrot  
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.)  
Spinach  
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**

### **Garden Salad**

Romaine Lettuce, chopped  
Tomatoes, chopped  
Carrots, shredded  
Avocado, chopped  
Beet, shredded  
Cucumber, chopped

### **Dressing**

Extra virgin olive oil  
Lemon juice  
Agave Nectar

Add salad ingredients in a bowl. Whisk dressing ingredients in a bowl and combine with salad ingredients.

## **Sautéed Kale**

1 pound kale, tough stems and center ribs discarded and leaves cut into 1-inch-wide strips (8 cups)  
2 tablespoons extra virgin olive oil  
1 small red onion, halved lengthwise and thinly sliced crosswise  
1 garlic clove, minced  
Pinch of dried hot red pepper flakes  
1 tablespoon red-wine vinegar, or to taste  
1/4 teaspoon Himalayan or celtic salt

Cook kale in a 6-quart pot of boiling salted water, uncovered, stirring occasionally, until just tender, about 10 minutes, then drain in a colander.

Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté onion, stirring occasionally, until softened, 6 to 8 minutes. Add garlic and red pepper flakes and sauté, stirring, until garlic is fragrant, about 1 minute. Reduce heat to moderate, then add kale and cook, stirring occasionally, until heated through. Remove from heat and stir in vinegar and salt.

## **Balsamic-Glazed Chickpeas and Mustard Greens**

10 ounces mustard greens  
1/2 large red onion, thinly sliced  
4-6 tablespoons vegetable broth, divided  
4 cloves garlic, chopped  
1 pinch red pepper flakes  
1/2 teaspoon Celtic or Himalayan salt (optional)  
2 tablespoons balsamic vinegar  
1/2 teaspoon soy sauce  
1/4 teaspoon agave nectar  
1 cup cooked chickpeas, rinsed and drained

Remove any large stems from the greens and discard. Tear the leaves into bite-sized pieces.

In a deep pot or wok, sauté the onion in a tablespoon or two of vegetable broth until mostly faded to pink, about 4 minutes. Add the chopped garlic and red pepper and another tablespoon of broth and cook, stirring, for another minute. Add the mustard greens, 2 tablespoons of broth, and cook, stirring, until greens are wilted but still bright green, about 3-5 minutes. Stir in the salt, if using. Remove greens and onions from pan with a slotted spoon and place in a serving dish, leaving any liquid in pan.

Add the balsamic vinegar, soy sauce, and agave or sugar to the liquid in the pan (if there is no liquid, add 2 tablespoons of broth). Add the chickpeas and cook, stirring, over

medium heat until the liquid is reduced by about half. Spoon the chickpeas over the greens and drizzle the sauce over all.

Serve warm, with additional balsamic vinegar at the table.