



07/26/2010  
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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**

Apple  
Collard Greens  
Cucumber

Pear  
Apple

Kale  
Collard Greens  
Apple  
Cucumber

Kale  
Carrot  
Apple

Tomato  
Kale  
Apple  
Lemon

Orange  
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  
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.

Fresh Pressed Apple Juice  
Spinach or Kale  
Ice

Combine in a Blender.

## **Meal Recipes**

### **Collard Greens**

1 tablespoon olive oil  
1 tablespoon vegan butter (Smart Balance)  
1/2 large onion, chopped  
1 teaspoon red pepper flakes  
1 clove garlic, finely chopped  
1 pound collard greens, chopped  
3 cups vegetable stock  
2 tomatoes, seeded and chopped  
Salt and freshly ground black pepper

In a large pot over medium heat, heat oil and butter. Sauté the onions until slightly softened, about 2 minutes, then add the red pepper flakes and garlic, cook another minute. Add collard greens and cook another minute. Add the vegetable stock, cover and bring to a simmer. Cook until greens are tender, about 40 minutes. Add tomatoes and season with salt and freshly ground black pepper.

## **Cucumber Salad**

4 cucumbers, thinly sliced  
1 small white onion, thinly sliced  
1 cup apple cider vinegar  
1/2 cup water  
½ - ¾ cup Agave nectar  
1 tablespoon dried dill, or to taste

Toss together the cucumbers and onion in a large bowl. Combine the vinegar, water and sweetener in a saucepan over medium-high heat. Bring to a boil, and pour over the cucumber and onions. Stir in dill, cover, and refrigerate until cold. This can also be eaten at room temperature, but be sure to allow the cucumbers to marinate for at least 1 hour.

## **Stewed Green Beans and Yellow Squash with Tomatoes**

3 tablespoons extra virgin olive oil  
1 large onion, chopped  
2 large garlic cloves, minced  
1 pound fresh green beans, trimmed  
¾ pound yellow squash (3 medium squash)  
1 ½ cups peeled, chopped tomatoes  
Himalayan or Celtic Salt and freshly ground pepper to taste  
¼ cup chopped fresh mint, parsley or dill  
1 to 2 tablespoons fresh lemon juice (optional)

Heat 2 tablespoons of the olive oil in a wide, covered skillet or Dutch oven over medium heat, and add the onion. Cook, stirring, until tender and translucent, five to eight minutes. Add the garlic and cook, stirring, for another minute until fragrant. Stir in the green beans, squash and remaining oil. Stir together for a few minutes, then add the tomatoes and ½ cup water. Bring to a simmer, then add salt and freshly ground pepper. Cover and simmer 30 minutes until the beans are tender and the mixture is stew-like. Add the herbs, and simmer for another five to 10 minutes. Add lemon juice if desired. Taste, and adjust seasonings with salt and pepper. Serve hot or at room temperature.