



12/21/2009

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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**

Collard Greens  
Carrots  
Apples  
Juicer or High Powered Blender

Beets  
Carrots  
Apple  
Juicer or High Powered Blender

Grapefruits  
Juicer or High Powered Blender

Collard Greens  
Parsley  
Lemon  
Apple  
Juicer or High Powered Blender

Cucumber  
Beet  
Apple  
Carrot  
Juicer or High Powered Blender

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.

Enjoy!

## Smoothie Recipe

12 ozs Non Dairy Milk (Soy, Rice, Almond, Oat, etc)  
Collard Greens  
Banana  
Natural Sweetener to taste (Agave Nectar, Raw Honey, Stevia)  
2 Tablespoons of Hemp Protein Powder or Vital Mineral Greens  
Blender

Wash fruit thoroughly. Combine ingredients in blender.

## Meal Recipes

### Easy Collard Greens with Rice

2 Cups Vegetable Broth  
1 Cup Brown Rice  
1 Tablespoon Vegan Butter (Earth Balance)  
½ Tsp Celtic or Himalayan Salt  
¼ Tsp red pepper flakes  
2 Cups collard greens, rinsed and chopped  
Pepper to taste  
Cayenne pepper, optional

In a large pot, bring the vegetable broth to a boil. Add the rice, vegan margarine, salt and red pepper flakes. Add the collard greens and bring to a slow simmer. Cover and allow to cook until rice is soft, about 20 minutes, stirring occasionally. Add a dash of black pepper and more salt and red pepper flakes to taste. For a spicier dish, mix in a 1/4 to 1/2 tsp cayenne pepper before serving.

### Zucchini and Pesto

2 Zucchini  
3 Cloves Garlic, peeled and minced  
3 Tablespoons Pinenuts  
3 sprigs of Basil  
2 Tablespoons chopped sun dried tomatoes

Cut zucchini into thin rounds, spray with olive oil and sprinkle with some minced garlic. Put it in the oven for 5-10 minutes at 400 degrees. Watch them because you want them to dry out a little, not get too mushy. You might want to flip them. Chop everything else into a very fine mince, or put it all in the food processor with some oil.

Saute the mixture in a large skillet with some oil until warm. Add the cooked zucchini and mix together. Cook on medium for 5 minutes. Serve warm.

## **Green Bean Casserole**

### ***Beans***

2 quarts water  
1 Tablespoon Celtic or Himalayan salt  
1 ½ lbs fresh green beans, trimmed and cut into bite size pieces

Bring the water to boil in a large pot. While it's heating, cut up the beans. Add the salt and beans to the boiling water. Cover and cook for 6 minutes. Drain beans in a colander, and then spray for a minute with cold water to stop the cooking. Let them drain in the colander, shaking every now and then to get off all the water.

### ***Sauce***

10 ounces mushrooms (you can use a combination of regular button mushrooms and shiitake)  
3 cloves garlic, minced  
generous pinch cayenne pepper  
Celtic or Himalayan salt to taste  
Fresh pepper to taste  
2 tablespoons unbleached flour  
¾ cup vegetable broth  
1 tablespoon dry sherry  
¾ cup soy creamer or try full-fat unsweetened soymilk

Trim and discard the mushroom stems and chop the mushrooms into pieces. Spray a non-stick pan with extra virgin olive oil and heat it. Add the mushrooms, garlic, cayenne, salt, and pepper. Cook until mushrooms are very soft and exude their juices. Whisk the flour into the vegetable broth and add to the mushrooms along with the sherry. Simmer, stirring, until mixture thickens. Add the soy creamer and simmer until thick, about 5 to 10 minutes. Adjust the seasonings and stir in the beans.

### ***Topping***

1 ½ slices whole grain bread  
1 tablespoon vegan butter (Earth Balance)  
1/8 teaspoon Celtic or Himalayan salt  
1/16 teaspoon freshly ground black pepper  
1 3-ounce can of French fried onions

Put the bread, margarine, salt, and pepper into a food processor and pulse until crumbly. Pour into a bowl and add the onions. Stir to combine.

### ***To Assemble:***

Put the green beans into an oiled casserole dish and top with the onion mixture. Bake at 425 F for about 15 minutes. If you are not serving this right away, refrigerate the topping separately; bring to room temperature before sprinkling the topping on the casserole and baking for about 20 minutes or until hot throughout.

## **Mashed Red Potatoes**

Red Potatoes, washed and peeled (skin can be left on)  
Water  
Rice or Soy Milk  
Vegan Butter (Earths Balance)  
Celtic or Himalayan salt, to taste

Bring water in pot to boil. Add potatoes. Water should be covering potatoes. Boil on high heat until potatoes are soft and you can stick a fork through them. Strain potatoes, return them back to pot and lower heat. Mash potatoes with masher. Add ricemilk, vegan butter and salt. Mash until your desired consistency. You may add other seasonings if you like.

## **Honey Roasted Mashed Sweet Potatoes**

6 one pound of yams  
1/2 cup vegan butter  
1 Tsp. ground cinnamon  
1/2 teaspoon grated nutmeg  
1 cup Agave nectar, honey or any other natural sweetner  
Celtic or Himalayan Salt and pepper to taste

Preheat oven to 350°F. Peel and quarter potatoes. Place neatly in a roasting pan. Place butter evenly on top of potatoes. Sprinkle cinnamon and nutmeg on top. Drizzle with sweenter and season with salt and pepper. Gently pour 2 cups water into pan without washing mixture off potatoes. Cover and bake for 1 1/2 hours or until very tender. Remove cover and stir. Continue to cook for 1/2 hour. Potatoes should have a nice dark brown color on top and be very tender. Remove potatoes with slotted spoon and add to mixing bowl and whip until all lumps are gone. Drizzle in liquid from pan as desired. Turn off mixer and scrape bowl. Continue to mix, I usually use all my liquid because it's needed and has a lot of flavor. When desired consistency is there, adjust seasoning. Place in a large casserole dish and serve.

LIFE, STRENGTH & HEALTH



FOOD DELIVERY

## Produce Breakdown 12-21-2009

**Collard Greens** – Powerful cancer fighter; regulates blood pressure & estrogen levels.

**Key nutrients:** Calcium (more absorbable than milk), magnesium, iron, phytochemicals and many other vitamins and minerals.

**Storage:** Keep in the crisper compartment of your refrigerator. If room is available you can sit upright with stems in water (like flowers in a vase).

**Cucumbers** – Great for the skin and complexion, lowers blood pressure, good for inflammation. Also promotes colon health.

**Key Nutrients:** Vitamin C, Molybdenum, Potassium and fiber.

**Storage:** Cucumbers should be stored in the refrigerator where they will keep for several days. If you do not use the entire cucumber during one meal, wrap the remainder tightly in plastic or place it in a sealed container so that it does not become dried out. For maximum quality, cucumber should be used within one or two days. Cucumbers should not be left out at room temperature for too long as this will cause them to wilt and become limp.

**Apples** – Promote cardiovascular health and colon health. Antioxidants.

**Key Nutrients:** Fiber, Vitamin C, and many phytonutrients.

**Storage:** store apples in the refrigerator and enjoy a sweet, crunchy, whole apple at least 2-3 times each week.

**Carrots** – Great for the heart, the eyes, the lungs, the colon and good health overall.

**Key Nutrients:** High in vitamin A, K, C, fiber and potassium. Also high in antioxidants.

**Storage:** Carrots are hardy vegetables that will keep longer than many others if stored properly. The trick to preserving the freshness of carrot roots is to minimize the amount of moisture they lose. To do this, make sure to store them in the coolest part of the refrigerator in a plastic bag or wrapped in a paper towel, which will reduce the amount of condensation that is able to

form. They should be able to keep fresh for about two weeks. Carrots should also be stored away from apples, pears, potatoes and other fruits and vegetables that produce ethylene gas since it will cause them to become bitter.

**Beets** – Cancer Fighter (High Antioxidants), Protects against heart disease

**Key Nutrients** – Fiber, Vitamin B (Folate – essential for normal tissue growth)

**Storage** - Store beets unwashed in the refrigerator crisper where they will keep for two to four weeks. Cut the majority of the greens and their stems from the roots, so they do not pull away moisture away from the root. Leave about two inches of the stem attached to prevent the roots from "bleeding." Store the unwashed greens in a separate plastic bag where they will keep fresh for about four days.

**Bananas** – Promote cardiovascular health, kidney and colon health. Protects eyesight and prevents ulcers. Helps to build bone.

**Key Nutrients:** Fiber, Vitamin C, Vitamin B6 and potassium.

**Storage:** While bananas look resilient, they're actually very fragile and care should be taken in their storage. They should be left to ripen at room temperature and should not be subjected to overly hot or cold temperatures. Unripe bananas should not be placed in the refrigerator as this will interrupt the ripening process to such an extent that it will not be able to resume even if the bananas are returned to room temperature. If you need to hasten the ripening process, you can place bananas in a paper bag or wrap them in newspaper, adding an apple to accelerate the process. Ripe bananas that will not be consumed for a few days can be placed in the refrigerator. While their peel may darken, the flesh will not be affected. For maximum flavor when consuming refrigerated bananas, remove them from the refrigerator and allow them to come back to room temperature. For the most antioxidants and

**Parsley** - Powerful cancer fighter.

**Key Nutrients:** Vitamin C, A, Folate, Potassium and Calcium.

**Storage:** Fresh parsley should be kept in the refrigerator in a plastic bag. If the parsley is slightly wilted, either sprinkle it lightly with some water or wash it without completely drying it before storing in the refrigerator.

**Lemons** – Antioxidant and anti-cancer properties, Strengthens immune system.

**Key Nutrients** – Vitamin C

**Storage** - Lemons will stay fresh kept at room temperature, away from exposure to sunlight, for about one week. If you will not be using them within this time period, you can store the lemons in the refrigerator crisper where they will keep for about four weeks.

**Green Beans** - Fights diabetes and arthrosclerosis diseases and strengthens bones. Feeds and nourishes the pancreas. Also fights high cholesterol and colon cancer.

**Key Nutrients:** Vitamin C, Vitamin K, Beta-carotene, Iron and many other vitamins, minerals and phytonutrients.

**Storage:** Keep in a plastic or paper bag in refrigerator.

**Tips for Preparing Green Beans:** Just prior to using the green beans, wash them under running water. Remove both ends of the beans by either snapping them off or cutting them with a knife.

**Red Potato** – Improves cardiovascular health, improves athletic performance, improves nervous system activity.

**Key Nutrients** – vitamin C, vitamin B6, copper, potassium, manganese, and dietary fiber.

**Storage** - store potatoes in a dark, dry place between 45°F to 50°F (between 7-10°C) as higher temperatures, even room temperature, will cause the potatoes to sprout and dehydrate prematurely. Potatoes should not be stored in the refrigerator, as their starch content will turn to sugar giving them an undesirable taste. In addition, do not store potatoes near onions, as the gases that they each emit will cause the degradation of one another. Wherever you store them, they should be kept in a burlap or paper bag.

**Yams** – Protects against cardiovascular disease, helps to control blood sugar levels & weight.

**Key Nutrients** – Vitamin C, Fiber, Vitamin B6, Potassium and Manganese.

**Storage** - Yams should be stored in a cool, dark and well-ventilated place where they will keep fresh for up to ten days. They should be stored loose and not kept in a plastic bag. Keep them out of exposure to sunlight or temperatures above 60°F (around 15°C) since this will cause them to sprout or ferment. Uncooked yams should not be kept in the refrigerator.

**Grapefruit** – Helps to support the immune system. Helps to reduce inflammatory conditions.

**Key Nutrients** – Vitamin C, Fiber.

**Storage** - store them at room temperature if you are planning on consuming them within a week of purchase. If you will not be using them within this time period, store them in the refrigerator crisper where they will keep fresh for two to three weeks.

**Pineapple** – Anti-inflammatory. Helps to improve digestion.

**Key Nutrients** – Vitamin C, B1 and Manganese.

**Storage** - Pineapple can be left at room temperature for one or two days before serving. While this process will not make the fruit any sweeter, it will help it to become softer and more juicy. Yet, as they are very perishable, you should still watch them closely during this period to ensure that they do not

spoil. After two days, if you are still not ready to consume the pineapple, you should wrap it in a plastic bag and store it in the refrigerator where it will keep for a maximum of three to five days. Pineapple that has been cut up should be stored in the refrigerator in an airtight container. It will stay fresher and retain more taste and juiciness if you also place some liquid, preferably some juice from the pineapple, in the container. Although pineapple can be frozen, this process greatly affects its flavor.

**Grapefruit** – Helps to support the immune system. Helps to reduce inflammatory conditions.

**Key Nutrients** – Vitamin C, Fiber.

**Storage** - store them at room temperature if you are planning on consuming them within a week of purchase. If you will not be using them within this time period, store them in the refrigerator crisper where they will keep fresh for two to three weeks.

**Honeydew Melon** – helpful in maintaining healthy blood pressure levels. They also provide several key nutrients that are particularly beneficial for healthy skin.

**Key Nutrients** – Vitamin C, B vitamins (including thiamine, niacin, B6, and pantothenic acid).

**Storage** - Keep uncut melons at room temperature until fully ripe, then refrigerate for up to 5 days. Refrigerate cut up melon in a covered container up to 3 days. Remember that cut melons are aromatic and their smell will penetrate other foods.

**Zucchini Squash** – Have anti cancer effects

**Key Nutrients** – Manganese, Magnesium, Vitamin C & A.

**Storage** - stored unwashed in a plastic bag in the refrigerator, where it will keep for about seven days.