

Show 17: Power Lunch

Wrap & Roll

Lahvash bread (4 sheets for \$1.39 @ Ralphps)
Whipped cream cheese w/ chives
herb seasoning of choice
spinach or lettuce
choice of: 6-9 oz. of turkey, ham or beef
very thinly sliced tomatoes

Keep the lahvash refrigerated until ready for use, then open carefully. Spread the cream cheese with a spatula and sprinkle the dry herbs. Cover with very dry spinach or lettuce and then a layer of tomatoes. Add the meat.

Determine how many slices you need and then decide to carefully roll up (tightly) the lahvash either vertically or horizontally. Cut slices about 1 ½" wide. You should aim for 14 slices. Cover with plastic wrap and refrigerate until ready to serve. Arrange on plate.

Optional: strawberry cream cheese! Mmmmm good! Another option:

Veggie Wrap & Roll

5 oz. Hummus (it can be plain or hot red pepper, roasted garlic or basil sun dried tomatoes)

Try a lemon pepper mix or one of Lowry's creations. Use spinach next with alfalfa sprouts and very thinly sliced tomatoes. Again, roll carefully because if it's not tight enough, the roll will be too loose and messy.

Beth's Infamous Zucchini Muffins

3 eggs
1 Cup Oil
2 Cups Sugar
2 t vanilla
2 Cups shredded zucchini
3 Cups flour
1 t baking soda
¼ t cloves
1 T cinnamon

Preheat the oven to 350.

Blend all the dry ingredients together. Add the wet ingredients, using a mixer on low speed so the flour does not fly all over the place, then increase the speed. Blend in the zucchini last. If using a mini muffin pan, spoon in the mixture carefully. If using a loaf pan, pour into the bread pan. You may want to use spray oil for easy removal first.

Bake the muffins for 18 minutes. Bake loaf pan for 30 minutes. Use a toothpick to check if it's done. Cool on baking rack. After harvesting your backyard zucchini, use the shredder and measure in 2 Cup increments and freeze. You'll be ready for fresh zucchini muffins all year long!

Asian Chicken Wrap

Dressing:
1 Tb. Orange-juice concentrate
1 Tb. Creamy peanut butter
1 Tb cider vinegar
1 tsp Asian sesame oil
¼ tsp salt

Filling:
1 bag (5 oz) fresh baby spinach
1/3 cup sliced cucumbers
1/3 Cup pecan halves
1 can (11 oz.) mandarin oranges, drained
2 cups cooked chicken
4 large flour wraps

Combine dressing ingredients in small jar with tight-fitting lid. Shake well to blend. In large bowl, combine filling ingredients. Pour dressing over salad; toss to combine. Divide among wraps. Roll and cut each wrap into about 6 pieces.

Juices Galore!

Cholesterol-lowering Cocktail

Carrot-Apple-Ginger-Parsley Juice

5 carrots
½ apple
½" knob gingerroot
H parsley

Digestive Special

6-7 carrots
H spinach

Packed w/ vitamins Powerful stuff!
Great to sip with a meal

Stomach Soother

5 Carrots
6 1 wedge of green cabbage
7 ½ apple

Remember that cabbage juice is strong,
So balance it out with milder juices

Eye Beautifier Juice

6 carrots
1 H parsley ... or kale

for clear eyes that don't look red
or irritated, try one of these juices!

Fennel-Apple Juice

1 small bulb fennel
3 apples

a fine tonic for an upset stomach

Graying Hair Remedy

1 wedge cabbage
Handful of Spinach
3 Carrots

Calcium Drink

5 carrots
2 stalks celery
H Spinach
H Parsley

So refreshing!!

Hair Growth & Loss Prevention

5-6 carrots
H Alfalfa sprouts
4 lettuce leaves

make your app't with the barber!

High Potassium Drink

4 carrots
1-2 stalks asparagus
1 stalk of celery

Potassium, an essential mineral,
maintains muscle tissue and may
help relieve cramping

The Best!

- 5 Carrots
- 1 Apple
- H Parsley

This could become a daily ritual
for many Juicers!

Immune System Builder

- 6 carrots
- 2 stalks celery
- H parsley
- 2 cloves garlic

Drink this to fight infections and help build strong immune systems
You just can't beat the power of garlic!!

Energy Cocktail

- 7 carrots
- 5 sprigs of parsley

My boys drink this to revive their energy and my husband
and I drink it to keep up with them.

Tomato Cooler

- 1 Large ripe tomato
- ½ Cucumber
- 1 Stalk celery
- 1 Slice of lime

Cucumber is a natural coolant & mixing it w/ these is smashing!!