



# Veg-Appeal

Experience the power of healthy and whole foods



February 2011

## Upcoming classes by Veg-Appeal

• **Saturday, February 12, 2011**  
1:00 - 3:30 pm - Kearny Mesa,  
"Healthy Meals in 30 Minutes or Less"

• **Saturday, March 5, 2011,**  
1:00 - 3:30 pm - Kearny Mesa,  
"Cooking and Eating for Bone Vitality"

• **Saturday, April 30, 2011,**  
1:00 - 3:30 pm - Kearny Mesa,  
"Plant-Based and Planet Friendly"



## Who Are We?

Veg-Appeal, LLC was created to share with others the joy and simplicity of eating unprocessed, whole plant foods to achieve optimal health and energy. We offer presentations and cooking demonstrations that show how easy the quest to achieve these goals can be.

To learn more about **Veg-Appeal** classes & services, please visit our website, <http://www.veg-appeal.com/>.

Contact Veg-Appeal at:

(619) 263-2165 - Marge, or  
[info@veg-appeal.com](mailto:info@veg-appeal.com)

## "Healthy Meals in 30 Minutes or Less" - February 12

• **Saturday, February 12 – 1:00-3:30 PM**

Reasons abound for why we need quick meal ideas. How can you make a healthy, tasty and satisfying meal and still get to your meeting, sporting event, movie, or you name it, on time? Veg-Appeal is devoted to demonstrating how effortless it can be. This class will give you ideas for healthy meals prepared in 30 minutes or less. If you are short on time, the mouth-watering "Quickie Quesadilla" can be eaten as you're walking out the door. Or, you will be amazed with the most simply made, as well as simply delicious, "Marinara Primavera with Cannellini Beans." Why not stock your pantry for a quick and satisfying "Red Lentil Curry" with enough left over for lunch? We'll also be demonstrating how easy it is to make "Vegan Parmesan" topping and simply delectable "Peanut Butter Date" dessert. Our "Quick and Crunchy Colorful Salad" can be eaten with any of the entrees in this class or as a stand-alone. The class is two days before Valentine's Day. A great gift for yourself or someone special! And then ... why not prepare a Valentine Dinner in "less-than-30-minutes."

As a bonus for Valentine's Day, we will prepare a simple, sumptuous strawberry pie to delight your taste buds (recipe is from Dr. Joel Fuhrman, see his picture of the pie below)! Come join the fun!

**Cost:** \$35. Be sure to take advantage of our reduced price of \$30 if payment is received by February 10th.

### Registration:

1. **Pre-registration is required.** Pre-register by e-mail: Send your name, phone number and e-mail address to [info@veg-appeal.com](mailto:info@veg-appeal.com) to reserve your space.
2. Please send your check by **February 9th**. Make check payable to "**Veg-Appeal**" and send to: **Marge Wurgel, 6448 Scimitar Drive, San Diego, CA, 92114.**
3. Directions and other information will be sent after your check is received.
4. If payment isn't received by **February 10th** directions and other info will be sent and \$35 will be collected at the class.





## March 5 – 1:00-3:30 PM “Cooking and Eating for Bone Vitality”

Break the bone thinning cycle. Learn how to maintain and potentially increase your bone density. The latest clinical studies and the most up-to-date medical information tell us how to strengthen your bones, reduce the risk of fractures, and prevent osteoporosis. You may be surprised to learn that it doesn't include taking calcium pills and eating dairy products. Low-acid eating is a key component, and we'll fill you in on some important tips! Sample and learn how to prepare delicious, filling dishes that help your body retain calcium instead of flushing it down the toilet!

## April 30 – 1:00-3:30 PM “Plant-Powered and Planet-Friendly”

### *Veg-Appeal - Pick of the Month :* **Strawberries**



If you like strawberries California is the place to be! Strawberries grow 10 months out of the year in California - January to November; and their peak growing season is April to June. This delectable fruit is quite versatile. Just pop a strawberry in your mouth and savor the flavor. Or, why not dip your strawberry in a chocolate sauce. It's especially good sliced for strawberry shortcake, used in fresh fruit tarts, pies, preserves, fruit smoothies, salads, and even salad dressings. Of all the berries, strawberries have the highest vitamin C content, about 40 grams per ½ cup; plus, this little fruit is a good source of potassium and fiber. Try our special recipe(s) below. Is your mouth watering yet?

### *Veg-Appeal - Recipe of the Month :* **Spinach Salad with Citrus Fruit**



(makes 6 servings)

1 bag (10 ounces) spinach, chopped

1 1/3 cups fresh Clementine orange or grapefruit sections

1 cup strawberries, sliced

1/4 cup fat-free berry salad dressing (recipe below, or Amy's brand of dressings has a good one)

1 tablespoon raw sunflower seeds

1 tablespoon chopped Brazil nuts

Combine all of the ingredients in a bowl and toss gently to mix. Serve immediately.

Note: Fresh fruit in this recipe is always preferred over canned, when possible.

#### **Berry Salad Dressing**

Makes about 1 cup

2 cups fresh or frozen strawberries or raspberries

2 teaspoons Dijon mustard or grain mustard

2 tablespoons balsamic vinegar, or to taste

1 tablespoon finely chopped fresh herbs, such as thyme or rosemary (optional)

2 teaspoons maple syrup, or to taste

salt and black pepper, to taste

Purée the berries in a food processor or blender. Remove and place in a bowl. Whisk in mustard, vinegar, herbs (if using), maple syrup, salt, and black pepper. Start with 1 tablespoon vinegar and add more after tasting. Adjust flavor with maple syrup, salt, and black pepper. Store leftovers in a covered dish and refrigerate for 2 to 3 days.

Recipes adapted from The Cancer Project: [www.cancerproject.org](http://www.cancerproject.org)