



Looking to host a laid-back dinner party this summer? Try our Ornish-approved **RECIPE CARDS** below and your **SHOPPING LIST** on the third page.



## Ginger-Lemon Spritzer

### YOU WILL NEED

- 1 pound ginger root
- 3 cups water
- 1 quart seltzer
- ½ cup fresh lemon juice
- 1 tsp stevia (or agave syrup)

### INSTRUCTIONS

- 1 Make the ginger juice: peel the ginger root with a spoon to remove as much of the skin as possible, then cut into chunks and place in a blender with 3 cups water and blend on high until fully blended.
- 2 Strain ginger juice with a cheese cloth.
- 3 Combine ½ cup of the ginger juice with seltzer, lemon juice, and sweetener. Stir to incorporate.
- 4 Store the remaining ginger juice in a container to use within a week.
- 5 Serve right away over ice. Garnish with a lemon slice.

### NUTRITIONAL INFO

**SERVINGS** 4 | **AMOUNT PER SERVING** | **CALORIES** 35 | **CALORIES FROM FAT** 0

**% DAILY VALUE\*** Sodium 5 0% | Total Carbohydrate 8 3% | Dietary Fiber 1 4% | Sugars 1 | Protein 1 2%

Good Source of: Vitamin C [nutritional category not listed equals zero]

Source: Ornish Lifestyle Medicine



## White Bean and Roasted Garlic Dip

### YOU WILL NEED

- 1 recipe roasted garlic\*
- 3 cups cooked white beans (or two cans, drained and rinsed)
- ¼ cups water
- 1 tsp lemon zest
- 2 Tbsp lemon juice
- 1 tsp fresh rosemary
- 1 tsp fresh thyme
- ½ tsp fine sea salt
- ½ tsp ground pepper

### INSTRUCTIONS

- 1 Prepare garlic cloves in advance.\* They can be stored in the refrigerator for about a week.
  - 2 Add all ingredients to a food processor or high-powered blender. Process until smooth.
  - 3 Taste. Add salt, pepper, or lemon juice as desired. Process again.
  - 4 Serve in a bowl with your choice of garnish, raw vegetables, and pita wedges. Enjoy!
- \* To roast garlic, heat oven to 250 degrees. Place ½ cup of peeled whole garlic cloves on a piece of parchment paper on a sheet pan, pour about ¼ cup water over them, and layer another sheet of parchment over top. Roast about 45 minutes or until soft.

### NUTRITIONAL INFO

**SERVINGS** 16 servings | **AMOUNT PER SERVING** 2 Tablespoons | **CALORIES** 44 | **CALORIES FROM FAT** 0

**% DAILY VALUE\*** Sodium 88mg 4% | Total Carbohydrate 8g 3% | Dietary Fiber 2g 8% | Protein 3g 6%

Good Source of: Thiamin [nutritional category not listed equals zero]

Source: Ornish Lifestyle Medicine

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: