

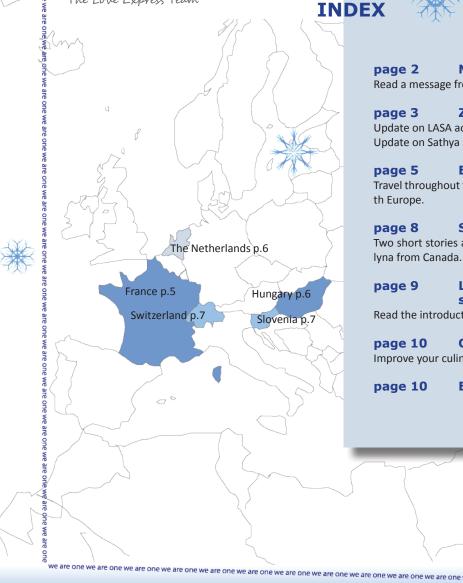
Dear Brothers and Sisters of Europe, Jai Sai Ram!

We humbly offer this 22nd issue of Love Express at the lotis feet of our beloved Bhagavan Sri Sathya Sai Baba and pray to Him that He keeps inspiring, guiding and loving us the way He has done so far.

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It is the new year. People often take on resolutions. Why should we all wait for the beginning of every year to take on one or two resolutions which will help us? Every day is a new start for all of us. Make the most of your life by doing what is right to yourself, everyone, and above all - God. We pray that this February 2011 edition of Love Express inspires you to keep on doing the great work all of you are doing around the world! We wish you all the best for all your upcoming events, activities and projects.

SaiLove, The Love Express Team



Message for the Youth of Europe page 2 Read a message from Marianne Meyer, Chairwoman of Zone 7.

5¹⁰ 22 | February 30

El obean Sai Youth

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page 3 **Zonal Updates**

Update on LASA activities. Update on Sathya Sai Leadership Training Program (SSLTP).

European Updates page 5

Travel throughout the Sai youth activities happening in North and South Europe.

Story time page 8

Two short stories and one poem sent to us by our dearest sister Evelyna from Canada.

page 9 Let us start reading the master's life story together.

Read the introduction to Bhagavan's biography by Sri Kasturi.

Chef's corner page 10

Improve your culinary skills with this special Veggie Burger Recipe.

page 10 **Extras**

MESSAGE FOR THE YOUTH OF EUROPE

Dear Youth

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The SSO in Europe is very lucky to have such wonderful resources in its midst, as you young people, with energy and motivation to bring His message to the people outside the SSO, but what is more important with the determination to transform your own lives.

Today, more than anything else, we need a society, which practices value-based living. Love is the keyword in all relationships whether it is at home, at work, or when moving around in society. It is an integral part of our existence. The values are meaningless if they are not rooted in love and lead us to see the basic unity of mankind.

When love is practiced, we start to see that all is one. We start to appreciate every one - even those who make it difficult for us - because we start to understand that they are just teaching us a lesson. We develop understanding.

We begin to understand that our goal is to create an atmosphere of love, an environment of love where learning can take place for all of us. Creating an environment of love is like when we connect the computer to the Internet, only here we create connection to the 'Inner net', and immediate download takes place. We become silent within and can listen to the voice of God.

We need each other - like the finger of the hand. Only together we can advance. And this togetherness is not separated by age. As Sathya Sai says: 'One who practices and propagates the ideals such as goodness, morality and truth is a youth in the strict sense of the term.' So being a Youth is not a question about age - it is a state of mind.

This is where we can meet in harmony and work together. So all of us have work to do - but together we are united - and united we shall overcome and be able to inspire. We are judged by our speech, by our behavior and by our actions.



Sathya Sai explains: 'Goodness means good behavior, good conduct, good discipline and good character. Truth, Righteousness, Peace, Love and Non-violence are verily the five life principles of man. Human life is a journey from 'l' to 'We'. This journey is subtle and the goal is very near, but man takes many births to reach the destination.'

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He continues: 'All of you are very lucky as you have the chance to shorten this journey by being called at such a young age. Not only do you have the possibility to transform your own life, and reach your destination faster; you also have the



possibility to influence other people's life; to inspire and motivate them to change their destiny by living the Human Values.'

How can we inspire others? First and foremost by knowing ourselves. Knowing that our true identity is the Love Energy within. He says: 'the primary duty of man is to understand who he really is' and 'the highest Sadhana is to transform love into service. That is true devotion'. What is devotion then? It is one-pointed attention on the task performed. When we devote ourselves to something or someone, we give it our full attention and take it to our heart. It does not mean that we will not have challenges nor experience frustration, when we do not succeed.

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Suffering is part of Life, but we must have faith, we must have self-confidence - only then shall we overcome. This is our responsibility. Sathya Sai says: 'Have faith in yourself, have faith in the work you have set upon - even in spite of signs of failure.'

Normally responsibility is connected to rights, which again gives certain privileges. We can demand if our rights are not fulfilled. But life is not a right - it is a gift. We cannot claim that this life of ours should carry any preferences. That it should be without inconveniences and discomfort. Today in society most people are talking about what are my rights? Very few ask: What are my duties? Here you can make a difference.

Spiritual responsibility is how we respond - and not in relation to the workload or importance of a position. How do we respond to what is happening outside us and how do we respond to His call from within?

The value of Life is Consciousness, and Enlightened Leadership is a matter of Heart, Mind and Soul. Today we are talking about 'How to walk the talk'. Everybody wants change and they expect the leaders to change and the Organizations - they are part of - to change. Very few ask 'How can I change'. How can I become authentic?

Only when our actions match to our words (and thoughts), can we be inspiring examples. Gandhi said: 'Become the change you wish to see in the world.' This is what I wish for all of us.

Lovingly in Sai

Marianne Meyer, Chairwoman Zone 7

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What lies behind us and what lies before us are tiny matters compared to what lies within us.

Ralph Waldo Emerson

ZONAL UPDATE

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LASA Update

LASA – Love All Serve All

Dear Brothers and Sisters,

After the Band experience in Prasanthi in November, LASA is back in Europe to work hard on the LASA Festival which will take place from July 28th to 31st in Geneva, Switzerland.

Since the end of November, the Organizing Committee of the Festival has been meeting regularly in order to "build" this wonderful event. The OC is made up of representatives of all the LASA sections -Arts, Music, Workshops & lectures, Service & environment, PR and Communication. Furthermore, we have people in local culture, logistics and finance. The Committee is doing its best to achieve this goal.

But the force of this unique Festival does not only rest with the Organizing Committee. First and foremost, it rests with all of you - youth who believe that



impossible is nothing and who are willing to take part in its preparations. For that, we need your skills and strengths. As the word TEAM reveals it, Together Everyone Achieves More. Indeed, the LASA Festival is the place where we can experience team work, as we started to do during the Sathya Sai Leadership Training Program (SSLTP) in Germany. This was just the beginning. We must all continue together! Please get in touch with your National Youth Coordinator if you feel like joining in the team!

The SSLTP in Germany was also a magic week, spent in the "Silent House". We had the great opportunity to make a video to wish a marvelous New Year to all. LASA Films is creating a lot as you can see! You probably have already watched *Inside, Out*, the film which was made to participate in the international competi-



tion NOTIMELEFT. It is a beautiful project giving the opportunity to get mobilized for the eight UN Millennium Development Goals. This LASA movie has been selected among the 22 finalists. Even though the competition's leader loved the movie, we finally didn't get any prize. Life is as it is, perfect.

Looking forward to being more and more with you all as workers of Light for the welfare of the world,



Go for more LASA on Facebook and LASA Website.



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SSLTP Update

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Sathya Sai Leadership Training Program in Zone 7

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SSLTP Stilles Haus Bad Wildungen Deutschland

"...you should take up the reins of leadership and bring peace and prosperity to the nation by leading ideal lives..."

Sathya Sai Baba



From the 27.12.2010 to the 1.01.2011 the second SSLTP seminar of Zone 7 took place in Stilles Haus near Bad Wildungen in central Germany. The seminar covered modules 2 to 4 of the Sathya Sai Leadership Training Program, which unite academic and practical knowledge about management with spiritual wisdom about leadership.

One of the topics which was discussed during the seminar was: Sathya Sai Organisation vision and mission. It may sound that it is too theoretical to think about this, but it is very useful to have our vision clarified and to remember it, as it helps you to put your actions into the right direction and not to be distracted by many unnecessary details. It is also very important that while working in team, all team members share a common vision and go towards the same goal. Sometimes it allows us to sacrifice our personal aims and to compromise something, because generally the success achieved by spiritual teamwork is much greater than our personal plans could

be. This was very strongly emphasized in the module on Spiritual Team Work. In a spiritual organisation, it is really important to learn how to work in a team while being fully engaged in work, to share a common vision, to express spiritual values and thereby to achieve unity. The SSO provides many opportunities to practise spiritual team work. An important aspect of team work is communication, so the module on Spiritual Communication was also included into this seminar. Although the word "communication" is derived from the Latin word "communicare" (to make something common, to unite, to share) and "communio" (feeling of unity), sometimes we do not perceive communication as a process leading to unification. The solution for this is heart to heart communication, which can be characterized as way of intrapersonal communication that has not only a clear message, but more importantly, to enable us to see God in each other. Actually in heart to heart communication there is no other, as it is God in one of us communicating with the God in the other person. As there is only one God, it is a communication where unity is achieved, where 1+1=1.

The presentations were enriched with many practical exercises and creative activities, so that we could acquire not only bookish knowledge, but also experience what was being taught. The program was presented mainly by Ivan Bavcevic, but some topics were presented by: Jirka Blazek, Luciano Cantone, Mathias Seitel, Pieter Stolk and Tomas Bures.

I'm always very happy when I can take part in seminars like this, as they give me the opportunity to spend time in a blissful and joyful atmosphere. During this seminar I experienced Swami's love and joy, I felt so happy and free. I cannot believe that the seminar lasted six days, as time passed by so quickly.

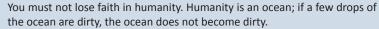
For me the seminar was very important because of another reason. Since we spoke so often about the vision of the SSO and the seminar was held at the turn of the year it was a great time for me to think also about my personal vision considering my work for the SSO, and also my professional life. It was something I really needed, coming to the seminar I felt a little bit confused as there had



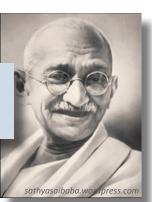
been a huge change in my professional life and I didn't know which direction to follow. So for me seminar was a great opportunity to think of my personal vision and clarify my doubts.

I think it was great way to start the New Year

Dominika, Poland



Mahatma Gandhi





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As youth, Swami regards us very highly. He said in a discourse at the Second World Youth Conference in Prashanti, on the 18th november 1999: "Only young men and women are capable of eradicating the evils prevailing in society" . And though we may not feel like being in the spotlight, it is said that we are the leaders of tomorrow.

Youth from zone 7 came together for a Sathya Sai Leadership training program at two instances. The first weekend started at great heights, literally. In a castleturned-youth-hostel in Heppenheim, Germany, we met on the tenth floor. The many stairs we had to go up and down many times a day became a Sadhana (spiritual practice) by itself! In the short time of 2 long days, we were guided along familiar personal questions like: who am I, what is my purpose on Earth and where am I going? Even more personal is the inquiry we all have to make: are we doing everything in our power to reach our goal? Are we ready to serve Swami, to be Him?

With the notion that we often bring baggage from the past with us that keeps us far from the one Truth, we were encouraged to delve deep within ourselves, and see what baggage we can leave behind. After that, I took the courage to



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cast off the old, but also recognized it as an ongoing exercise.

I found out the next time we met how necessary of an exercise this was. It was an empowering week, in the stillness of the snow-covered landscape around the Stilles Haus, again in Germany. We were motivated through examples of Swami's life and mission that we can do anything if we have firm determination. Topics like planning, communication, teamwork, and the power of thoughts were discussed. But to me, the most important was the idea of Being. We do not have to tell or show others what we learned, we have to Be the beacons of light that Swami wants us to be.

To become leaders of tomorrow we need to be good students now. This may seem to be a big task. However, Swami makes it easy: "... in spirituality there is only one subject and that is love."

> Sathyam Sheoratan Netherlands

EUROPEAN UPDATES

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Dear brothers and sisters,

In December and January, the French youth activities were filled with a variety of actions and by some "Sai community life". There were a variety of actions, as we dedicated time to do both devotional activities and the LASA project. We started youth Bhajan sessions that we had stopped. We also ended the cycle of Study circles on the Ceiling on desires programme. Now, we are striving to really put into practice the outcomes of those study circles as part of our personal Sadhana, and all the more so as part of the youth activities. This applies especially to LASA, as it requires health, time, money and energy! For LASA, the musicians continued to work on the creation of music for our upcoming French LASA song. For the wildlife exhibition, our concept has changed a bit. We will not



only exhibit 25 framed photos, but many more and in different styles. That is why we are still working on the pictures.

"Sai Community life" was shared with some youth from Zone 6 and 7. I had the marvellous opportunity to go to the "Stilles Haus" (Silent House), in Germany, from December 26th 2010 to January 1st 2011 for the continuation of the SSLTP in Zone 7. We spent a divine week in the middle of omnipresent silence. snow and trees. The German Seva team dedicated time to cook for us. As for the youth, we got busy working on the importance of thoughts as seeds of our life experiences, heart to heart communication and team work. We did not only study - we had a great time, outdoors and indoors, walking snowy roads, and a lot

of laughing was involved for well-being of our souls!

Let's laugh at least once a day! It makes life shiny!

With Love and Light,

Aude Gachet NYC France

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Hungary

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Youth for the needy

On Sunday the 19th of December 2010, the Sathya Sai Group of Sopron organised a food- and clothes distribution for the poor and homeless people in the city of Sopron. Sopron is a small town, with over 100 homeless people, and there are more and more families living under the poverty line - just like in other parts of the world.

This is the reason why we consider this case as a labour of love, to help our fellow being every year, before Christmas time. We would like to inspire non-devotees living in our city through these programs. I hope more and more countrymen realize how easy and nice is to help and take care of others.

This was the third time we organized a project like that, and we were able to help a total of 70-80 persons in need.

At the beginning, I thought it would be impossible to organize such a series of events. By following Swami's teachings I learnt that one can complete any achievement, if guarded by a pure heart and faith.

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I realized that if I have good intentions and make an effort, Swami always helps and sends brothers and sisters to realize my plans. The same happened on the food distribution: we were 12, and everybody did their best to participate and help. Volunteers cooked hot meals, prepared sandwiches, cakes and tea.

Swami always emphasizes that we should love His uncertainty. This time we could practise this teaching. Even though despite a lot of offers we had received, we couldn't get any vehicle to transport the offerings (food and drinks) to the spot.

Finally, as usual, Swami sent a selfless brother, who offered his car; in addition he helped in the food distribution.

We were very happy that two bakeries

and one restaurant also offered their own products for this beneficial purpose. This was just another proof for me, that basically people are good and helpful towards others.

Several non-devotees informed us, that they liked the program very much, so they will consider organizing a similar project in the future.

Through this food and clothes distribution, we not only helped the needy, but we have made an impact in our environment as well, as something has started in the bottom of the hearts of the citizens of our hometown. I hope we sowed a seed, the seed of a better future, when people help and take care of each other - not only on holy days.

Sai Ram With lots of love.



Rea Maráczi Sai Group of Sopron, Hungary

The Netherlands

Sai Activity in the Netherlands

In the second week of December 2010 we decided to organize a Seva day instead of a regular national youth day.

We received a very challenging offer through a Christian volunteer organization. There was an old lady who desired to change the old carpet floor of her apartment into a laminate (wooden) floor.

Most of the youth [four out of five] didn't have any experience with laminate flooring. The challenging part was that we all had to complete this task that same day. Also we kept in mind that we had to deliver quality work.



Besides the youth, another volunteer was involved that day. As he was experienced in laminate flooring he taught us the way to laminate properly. This was very intense as you can imagine!

The final result was very lovely. The house owner pointed out that the look of the entire living room had changed because of the new laminate flooring. She sounded very pleased.

It was very nice to do this form of Seva. We learned how to laminate flooring which can be useful in the future. And overall it felt very fulfilling to have helped the lady, who was really delighted!



Something to notice

A couple of youth weren't able to join the Seva day because they were surprisingly involved with another laminate flooring project. Somehow, the youth who actually wanted to join the Seva day, but couldn't attend, were busy with laminate flooring!

Jai Sai Ram!

Dinesh Ramcharan NYC The Netherlands





↑ TOP

Slovenia

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First and foremost we would like to express our gratitude to all the Sai youth that we've been blessed to work with in 2010. We had the time of our life! Thank you Swami.

We would like to share with you last year's insights and revelations:

1. The real joy (at work) comes from team work and real team spirit. It can be best described in a following way: cooperation, putting others first, sharing, helping, positive attitude, pleasant thoughts, feelings and deeds which are in alignment with our divinity. And the prescription: Love all, serve all!

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2. When things don't go your way, show understanding and patience – do not allow yourself any stressful thoughts. The prescription: surrender, trust and accept. This is the mantra that Phyllis Krystal is repeating again and again – God knows how right she (He) is!

And our new year's resolutions:

We wish to be more in contact with our divinity, efficient, blissful and less

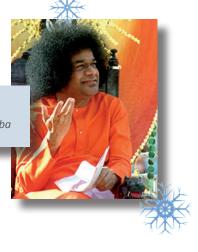
stressed.

Therefore we need to cut the ties from the word 'deadline' in order to be in alignment with divine timing and divine deadlines.

Enjoy and share this God given time in peace, love and understanding!

For the Slovenian team (Natalija, Nina, Mihael, Gregor and Severin) Tina Hribar Trifunović NYC Slovenia

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When the people become good, the world will become good. Sri Sathya Sai Baba

Switzerland

Sairam dear All,

The Youth from Geneva Switzerland are working hard on the ceiling on desires program. Our current goal is not to get angry until Shivrathri. If anyone does get angry, he has to say Sairam. This will allow us to keep our monkey mind under control. In the month of February, we are also starting an online Skype Vedam tutorial where the Sai Students who live in Switzerland will coach the youth 1 on 1 on a weekly basis. We are also expecting the LASA team to come join us in Geneva during the 2nd weekend of February for the LASA Festival preparations.

Sailove,

Niraj Pabari FRYC Switzerland

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Do you want to express your creativity and inspire others with your professional or amateur skills in graphic designing?

The LASA Web & Publishing team invites you to join the team where you will have the opportunity to create leaflets, booklets, brochures, etc... for LASA activities that will take place in the following year.

All those with who have experience using Adobe Photoshop, CorelDraw, Indesign etc. are kindly invited to contact Tina or Severin at the following e-mail: publishing@lasaplanet.org

We are eagerly waiting for your reply.

With love,

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LASA Web & Publishing team

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A story about four people: Everybody, Somebody, Anybody and Nobody.

There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it but Nobody realised that Everybody wouldn't do it.

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It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

http://www.rogerknapp.com/knap/inspire.htm 🕈 TOP

Baba's car gets pranams

One day in the mountains Kodaikanal, Baba's red Mercedes came down to the main road. My family and other devotees were across the lake about a kilometer away. As soon as Baba's car came on to the main road, we stood up and held our hands together as a mark of respect. People lined up on either side of the road holding their hands together, paying their respects to Baba in the red Mercedes. As the car passed, they realized that Baba was not in the car. He was in the bus with the students, and he said, "See the car is getting all the pranams. The reason is that the car kept company of God and today though the car is going alone, all the devotees are offering their pranams to the car, i.e. you are judged by the company you keep. But, I am missing all the pranams because I am with you."

Extract from Sai Humour, by Peggy Mason, Sandra Levy and Dr. M. Veeravahu

Eye for an eye makes the world blind

(True story that shows how a positive reaction to a negative action can bring amazing results).

A small boy at summer camp received a large package of cookies in the mail from his mother. He ate a few, then placed the remainder under his bed. The next day, after lunch, he went to his tent to get a cookie. The box was gone.

That afternoon a camp counselor, who had been told of the theft, saw another boy sitting behind a tree eating the stolen cookies. "That young man," he said to himself, "must be taught not to steal." He returned to the group and sought out the boy whose cookies had been stolen. "Billy," he said, "I know who stole your cookies. Will you help me teach him a lesson?"

"Well, yes--but aren't you going to punish him?" asked the puzzled boy.

"No, that would only make him resent and hate you," the counselor explained. "I want you to call your mother and ask her to send you another box of cookies." The boy did as the counselor asked and a few days later received another box of cookies in the mail.

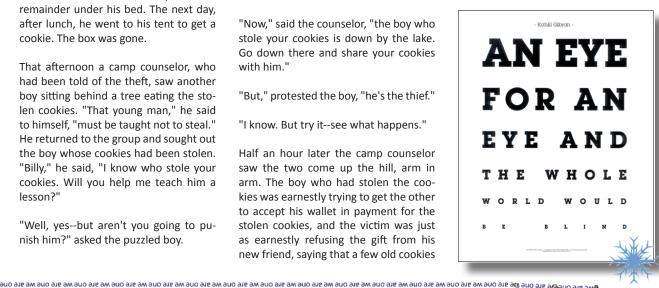
"Now," said the counselor, "the boy who stole your cookies is down by the lake. Go down there and share your cookies with him."

"But," protested the boy, "he's the thief."

"I know. But try it--see what happens."

Half an hour later the camp counselor saw the two come up the hill, arm in arm. The boy who had stolen the cookies was earnestly trying to get the other to accept his wallet in payment for the stolen cookies, and the victim was just as earnestly refusing the gift from his new friend, saying that a few old cookies weren't that important anyway.

http://www.rogerknapp.com/knap/ inspire.htm



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Lord, are you trying to tell me something?

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Failure does not mean I'm a failure; It does mean I have not yet succeeded.

Failure does not mean I have accomplished nothing; It does mean I have learned something.

Failure does not mean I have been a fool; It does mean I had enough faith to experiment.

Failure does not mean I have disgraced; It does mean I have dared to try.

Failure does not mean I don't have it; It does mean I have something to do in a different way. Failure does not mean I am inferior; It does mean I am not perfect.

Failure does not mean I have wasted my life; It does mean that I have an excuse to start over.



Failure does not mean that I should give up; It does mean that I should try harder.

Failure does not mean that I will never make it; It does mean that I need more practice.

Failure does not mean that you have abandoned me; It does mean that you must have a better idea

http://www.rogerknapp.com/knap/inspire.htm



DIVINE EXPERIENCES

I was born in an obscure village in North Travancore when the nineteenth century had still three years and a few days to run. I had my schooling in the Cochin State under a great Headmaster who had met Swami Vivekananda and who lit in our little lamps the flame of prayer and contrition. I attended College at Trivandrum and, after finishing my M.A. and B.L., I secured a job as Lecturer in History at a college in Mysore.

The country boat, in which I, my wife and my mother journeyed along the canals and backwaters of the West Coast on the first lap of the trip to catch the Me are one we are one We are one

train at Ernakulum, was halted past midnight in the middle of a dark backwater by a Coast Guard, who shouted orders from the shore. He called out in the black night, "Where are you going?" and waited for an answer. My boatman had a fine sense of humor. He shouted back, "We are going to Mysore!" (We all knew Mysore was inland!) The Coast Guard did not reprimand him for his impertinence, for he, too, was in a humorous mood. He laughed and asked, "Why do you say Mysore? Don't you know a place beyond Mysore?"

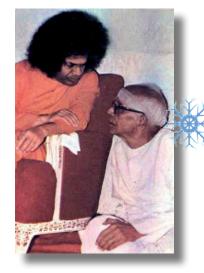
Little did we know then, that there was a place beyond Mysore, a couple of hundred miles to the north of that City, a place called Puttaparthi which was to provide us harborage from the turbulent storms of the sea. There I was to get the Teacher I wanted, when my career as a university teacher and principal was about to come

to a close.

Yogi Suddhananda Bharathi, the famous mystic poet of Tamilnad, said, in April 1959 when addressing a religious conference at Venkatagiri Town over which Sri Sathya Sai Baba presided, "I have practiced Yoga for over 50 years; I once observed the vow of silence continuously for over 20 years; I have come in contact with Sri Shirdi Baba, Sri Ramana Maharshi, Sri Aurobindo, Sri Meher Baba and others; now, as a result of all this discipline, I have met Sri Sathya Sai Baba."

I served as the Secretary of the Sri Ramakrishna Mission at Mysore for over seventeen years; I came in contact with Sri Siddharooda Swami, Sri Ramana Maharshi, Sri Meher Baba and Sri Narayana Guru; I was initiated into Japam, the recitation of the Name of the Lord, by Mahapurushji, the direct disciple of Sri Ramakrishna Paramahamsa, and President of the Mission; and I am now convinced that, as a result of all this, I sat at the Feet of Sri Sathya Sai Baba in 1948.

After I retired from the service of the University of Mysore, I have since rejoiced in Baba's Presence, except for a short period when I worked with All India Radio as a producer. I have had the good fortune of mingling with many of His devotees who have had longer and closer associations with Him. I have availed myself of every opportunity of witnessing events illustrating His Divine Power and listening to His discourses. I



trust this book will reveal to the reader some of the reasons for the extraordinarily intimate loyalty that binds me and others to Him. Baba is an open book, with no mystery or pomp or abstruseness about Him. Everyone can approach Him and secure His Grace.

I have great sympathy for those who are unaware of Baba's stature, for I, too, demurred, doubted, and disbelieved Baba's validity with all the sarcasm and satire found in the novels, dramas, and essays which I wrote and published on various subjects. For many years I, too, in my stupid pride, did not make any effort to meet Him. I invite everyone now, to come and share His Grace and Mercy and stand witness to the Divine Power that He personifies.



N. Kasturi

http://vahini.org/sss/i/ theauthorwrites.html

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CHEF'S CORNER

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Sensational Veggie Burger

Ingredients (4 servings):

What you need:

- 1/2 tablespoon extra-virgin olive oil
- 3/4 cup fresh corn kernels or frozen, thawed
 6 mushrooms, finely chopped
- 6 mushrooms, finely chopped
 2 scallions, finely chopped
- 2 scallions, finely chopped
- ♡ 1/2 red bell pepper, finely chopped
- ♡ 1 clove garlic, finely chopped
- 💛 1 teaspoon cumin
- 💛 Dash cayenne pepper
- ♡ 1/2 cup chopped fresh spinach
- ♡ 1 carrot, peeled and grated
- ♡ 1 small potato, peeled and grated
- ♡ Sea salt and freshly ground black pepper, to taste
- ♡ 1/2 cup fresh bread crumbs
- 1. In a large skillet heat 1 tablespoon oil over medium high heat. Stir in corn, mushrooms, scallions, and bell pepper. Cook for 3-4 minutes. Add garlic, cumin and cayenne and cook for 30 seconds. Remove from heat and stir in spinach. Add carrot and potato and stir to combine. Season with salt and pepper (and chili powder if you can handle it).

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- 2. Stir in enough bread crumbs so that the mixture holds together. Shape mixture into 4 disks and place on a plate.
- 3. Chill for 1 hour.
- 4. Lightly oil a non-stick skillet and cook veggie burgers until golden on each side.

Bon Appétit! Niraj

EXTRAS

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If you wish to join the Love Express Team or if you have any questions, ideas, comments, or articles that you would wish to submit in the next edition of Love Express, please feel free to email niraj@pabari.net.

TOP

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