

HEALING HEART CENTER WORKSHOP LUNCH MENU DECEMBER 28, 2013

During the workshop, we offered refreshments. After the workshop the participants were invited to join us in a vegetarian lunch prepared by Dev Atma Suroop Kaur.

- Refreshments -

Thompson Raisins

Mesquite Smoked Almonds and Unsalted Roasted Almonds

Home Grown Tangerines

Drinks: Cherry Lemonade and Bottled Water

- Lunch -

Organic Vegan Sprouted Black Bean Chili - Savory mix of beans, veggie ground and root veggies stewed in a rich chili tomato sauce. Eaten plain or served on top of slices of baked polenta and accompanied by diced sweet onions and grated sharp cheddar cheese

Mushroom Barley Soup – Diced mushrooms, carrots, celery, barley, and onions cooked in a rich vegetable stock. Hot and slightly creamy in texture, the soup is topped with fresh minced parsley and dill.

Mixed Green Salad with Sweet Home Grown Cherry Tomatoes and Walnuts – Salad is dressed in simple balsamic vinaigrette

Fresh Baked Corn Bread – Hot freshly baked corn bread served with organic butter or vegan margarine

- Dessert -

Assorted Holiday Cookies and Petit Fours - Lemon squares, oatmeal chocolate chip cookies, Toll House cookies, Butter Balls, and Chewy Chocolate cookies made up the list of homemade cookies. Store bought French macaroons and petit fours completed the dessert tray.