

# HEALING HEART CENTER WORKSHOP LUNCH MENU MAY 3, 2014

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 -*

**Apples, Valencia Oranges, Nectarines, Strawberries, and Bananas**

**Roasted Unsalted Almonds and Thai Chile Lime Cashews**

**Drinks:** Raspberry Hibiscus Herbal Iced Tea and Bottled Spring Water

## *- Lunch -*

**DIY (Dress It Yourself) Vegan Tacos:** Fresh corn tortillas filled with a mixture of soy chorizo, black beans, zucchini, onions, sweet potato, and fingerling potato and heated on a hot griddle. Diners were asked to dress them up with any combination of the following condiments: fresh homemade pico de gallo, mixed greens in a balsamic vinaigrette, fresh avocado cubes, and shredded sharp cheddar cheese.

**Rice Pilaf with Peas** – Rice pilaf cooked with petit green peas accompanied the tacos

## *- Dessert -*

**Beard Papa Cream Puffs** – Mini cream puffs filled with either vanilla or chocolate cream and lightly dusted with powdered sugar or cocoa powder.