

HEALING HEART CENTER WORKSHOP LUNCH MENU MARCH 16, 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 -

Thai Chili Lime Cashews

Basket of Seasonal Fruits

Drinks: Fresh Hybiscus Lemonade, Assorted Hot Teas, and Bottled Spring Water

- Lunch -

Savory Herb Baked Tofu – Organic Tofu marinated and baked with Turmeric, Garlic, Olive Oil and Lemon with Dried and Fresh Herbs

Oven Roasted Vegetable “Bata Yaki” – Brussels Sprouts, Cauliflower, and Broccoli oven roasted and lightly seasoned with Lemon, Tamari, and Ghee

Mixed Green Salad - A lush mix of Organic Lettuces, Carrots, Sweet Onion, Cucumber, Fresh Herbs, Sweet Cherry Tomatoes, Marinated Sliced Beets,, Garbanzo Beans, and Kalamata Olives tossed in a Vidalia Onion Salad Dressing.

Steamed Organic White Rice

- Dessert -

Homemade Lemon Bars – A buttery confection with a short bread cookie crust topped with a layer of lemon custard and a light dusting of organic powdered sugar