

# HEALING HEART CENTER WORKSHOP LUNCH MENU MAY 4, 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 -*

**Vegan Boursin Cheese with Assorted Crackers**

**Basket of Seasonal Fruits**

**Drinks:** Herbal Iced Tea. Hot Yogi Tea and Bottled Spring Water

## *- Lunch -*

**Choli** – Black Garbanzo beans slow cooked with Garlic, Sweet Onions, and Dried New Mexican Chiles. A hearty but elegant savory bean stew that is both tantalizing and satisfying. Delicious when served over rice and eaten with a tablespoon of yogurt.

**Raita** – Indian Yogurt Salad with Cucumbers, Sweet White Onions, Tomatoes and seasoned with spices.

**Mixed Green Salad** - A mix of Organic Lettuces, Carrots, Sweet Onion, Cucumber, Fresh Herbs, Sweet Cherry Tomatoes dressed with a Creamy Tamari Dressing.

**Steamed Organic White Basmati Rice**

## *- Dessert -*

**Homemade Chocolate Chip Pecan Cookies**