

HEALING HEART CENTER WORKSHOP LUNCH MENU JUNE 14, 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 -

Fresh Fruit: Apples, Bananas, Nectarines, Pears, Tangerines & Cherries

Roasted Unsalted Almonds and Mesquite Smoked Almonds

Drinks: Hot Yogi Tea and Bottled Spring Water

- Lunch -

Zucchini Spaghetti al Funghi - Crimini mushrooms sautéed with garlic, capers, and sweet onions make a savory light sauce when seasoned with black pepper, Himalayan salt and extra-virgin olive oil. Tossed in spaghetti of raw zucchini & organic whole wheat pasta and garnished with fresh minced parsley and grated Parmesan cheese, this dish made for a deliciously satisfying and healthy main course.

Caesar Salad Revamped – Fresh green salad of romaine, arugula, and homegrown cherry tomatoes dressed in a Caesar-Balsamic vinaigrette and garnished with organic walnuts, coarsely grated Parmesan, and croutons.

Bread Basket-Rustic olive bread, sourdough baguette, and a dark pumpernickel made up the assortment of fresh baked breads in the basket. Homemade ghee and garlic infused extra virgin olive oil served as accompaniments.

- Dessert -

Tiramisu– A birthday tiramisu purchased from the Dolce Isola bakery finished the meal. Everyone sang “Happy Birthday” to Hari Nam Singh and thoroughly enjoyed this treat. Many thanks to Jaspal Kaur and Serena for this yummy finish to our lunch.