

Healthy Gourmet To Go

914-388-2162 to call/text or go online to order
Vegan~Gluten Free~Organic Meal Delivery and Cafe
Delivering vegan meals to busy people for almost 30 years!



LOVE animals, please DON'T eat them!

We'll be delivery this coming week of 8.16/8.17

All made fresh by us, just for YOU!

Reheating (Eating and Freezing) Suggestions

- **Please** transfer all food out of clear corn packaging before reheating. If you attempt to microwave food in corn packaging it will pancake FLAT instantly and there will be quite a mess to clean up! Best to place food into oven safe Pyrex/glass plates or bowls to reheat whether in toaster oven or microwave (note if you have new Pyrex glass it may shatter if heated too long without sufficient liquid-not like the old Pyrex that is 10 or more years old).
- **Also** head's up that dishwashers that reach really hot temps may also cause your containers to 'melt'.

- **Remove** dressing/sauce/pesto from small the plastic containers they arrive in. Do NOT reheat those small plastic containers.
- **Preheat toaster** (or oven) to 350 degrees, set on ‘Bake’ and set timer for 15 minutes. This is a nice, easy, hassle-free way reheat all of your dishes...even soups reheat nicely. For dry, crispy food, leave uncovered. For moist food, cover when reheating and add a tiny bit of water to the plate.
- Before serving try **drizzling food** with EVOO (extra virgin olive oil), flax, grape-seed or toasted sesame oil.
- Food need **more salt?** Try sprinkling food with Lima sea salt or tamari and give a stir or toss.
Food **TOO salty?** If soup or stew, grain or bean, simply add some water to the dish before reheating. Or add some grains, veggies or beans to the dish. If you add volume it will lessen the sodium AND you’ll have more food....win:win.
- Want **lower calorie meals?** Try dividing HGTG dishes into 2-4 portions. Serve with large greens/vegetable salads and your favorite vegan salad dressing. Try keeping pre-washed greens and containers of chopped raw veggies, capers and olives in the fridge and you’ll have ready to eat salads at your fingertips to eat daily along with HGTG’s dishes.
- **Freezable dishes** that won’t be eaten by Saturday should be frozen immediately and thawed in fridge 1 to 2 days before reheating so you’ll always have fresh food.
- **Please note** containers may become brittle and crack easily when frozen if smashed. However food is completely SAFE to freeze in the clear containers.

Menu for 8.16 or 8.17

TV Tofu Dinner Plate: Walnut crusted tofu-tenders baked to perfection served over potato salad with chives, grilled corn on the cob and side of caper dill “tartar sauce” 10 points per quart F and NUTS (walnut)

“Bolognese” Pasta Plate: Hearty and delicious faux “meat sauce” with chickpea, mushroom, vegetable and fresh basil served on brown rice fusilli pasta garnished with our house made walnut “parma cheeze” 9 points per quart F and NUTS (walnut)

Strawberry Ginger Mint Gazpacho: A delicious, refreshing fruit gazpacho that beckons to be eaten in hot weather! Blended to chunky perfection: strawberries, apples, peaches, red onion, ginger and mint...yum! 3 points per pint F and Nut Free

A Yummy Testimonial: “The gazpacho is perfect for this weather!” Yvette Woodstock, NY

Greek Quinoa Salad: Baby arugula with quinoa, toasted pecans, chickpeas, tomato, capers and cucumber all tossed with flavorful herbed carrot mustard dressing. The perfect summer salad. 6 points per pint F and NUTS (pecan)

Savory Mexican Tart: Baked oat nut crusted tart filled with “cheddar cheeze”, sautéed onions, oven-roasted cauliflower and cilantro pumpkin seed pesto 12 points per tart F and NUTS (walnut)

A Yummy Testimonial: “That tart from a few weeks ago was amazing.” Jamie Rhinebeck, NY

Baked Thai Tofu: Tofu baked with Asian basil sesame pesto served on bed of cumin cabbage tri-color slaw 6 points per pint F and Nut Free

Chimichurri Mex Salad: Short grain brown rice with cilantro and toasted sunflower seeds topped with diced avocado and house made Chimichurri sauce plus naturally sweet baked plantain fritters 7 points per pint F and Nut Free

Summery Kale Salad: Refreshing live/raw kale salad smothered in divine herbed coconut curry dressing garnished with pickled red onions served on bed of cannelloni beans with lemon and olive oil 5 points per pint Nut Free

Deconstructed Green “Lasagna”: Sautéed zucchini n’ broccoli rabe layered with house made cashew “ricotta cheeze,” brown rice penne, green peas, “mozzarella cheeze” and basil...yum! 6 points per pint F and NUTS (cashew)

Chocolate Cake: Scrumptious dark chocolate cake topped with chocolate coconut cream garnished with cinnamon roasted walnuts 7 points per slice
F and NUTS (walnut)

Order extras when you check out

Add on extra dishes, Untuna salad, Smoothies, Cake, Immune shots, “Sea”
Caesar dressing and more...