

# Healthy Gourmet To Go

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*Vegan~Gluten Free~Organic Meal Delivery and Cafe*  
12 Market Street Saugerties, NY 12477  
*Delivering vegan meals to busy people for almost 30 years!*

## *Delivery for March 26/27th*



Message from Franklin above (1 month old when I fostered him 20 years ago).  
He was brilliant, interactive, playful, cuddly...more so than a child or dog.  
He said: "We are not your Easter dinner!💖"

## ***Cruelty Free Easter Inspired Menu***

*All 10 dishes freezes well this menu*

**Good Friday "Fish" Plate:** Walnut crusted baked tofu tenders served over oven roasted red potatoes with side of caper dill tartar sauce plus lemon-thyme smashed butternut squash 6 points per quart F and NUTS (walnut)

**Asparagus Pasta Holiday Plate:** Brown rice penne with sautéed onions and basil served on bed of wilted kale topped grilled asparagus and (rice/bean) baked "meatballs" 5 points per quart F and Nut Free

**Easter Mini Quiche n' Beets:** Baked chickpea "cheddar" sun-dried tomato mini quiche served over roasted beets with dab of basil pesto 3 points per pint F and Nut Free

**Spring Vegetable Stew:** Simmered carrot, celery, onion, kale, cabbage, white beans, basmati and basil topped with walnut “parma” 3 points per pint F and NUTS (walnut)

**Glazed Easter Tofu “Ham”:** Delicious and festive brown sugar (oops) and mustard glazed, baked, holiday tofu “ham” served on a bed of quinoa with carrots n’ peas 5 points per pint F and Nut Free

**Green Split Pea Soup:** Warming green split pea soup simmered with carrots, celery, garnet yam and dill...yum! 3 points per pint F and Nut Free

**Easter “Pizza” Casserole:** Brown rice casserole with capers, broccoli rabe and sautéed onions topped with parsley walnut pesto and sautéed zucchini 4 points per pint F and NUTS (walnut)

**Pad Thai Noodles:** Not Easter-ish, but SO yummy! Thai rice noodles smothered in (fresh ground peanut butter) peanut ginger Thai sauce topped with cumin tri-color slaw with chopped peanuts 4 points per pint F and NUTS (peanut)

**Asian Baked Patty :** Another not so Easter-ish, but SO yummy! Red lentil-brown rice scallion, garlic, onion patty served with kale salad and side of carrot sesame ginger dressing 6 points per jumbo patty F and Nut Free

**Carrot Walnut Chocolate Chip Cake:** Scrumptious carrot walnut chocolate chip cake...Yum. 5 points per piece F and NUTS (walnuts)