

# Healthy Gourmet To-Go

Cruelty Free, Gluten Free, Organic Weekly Meal Delivery Co.



## *A Yummy Passover Testimonial:*

*“Hi Roni, ...Your Passover special food has had us oohing and aahing. The Koogle, the Varnishkas, the Matzoh Ball Soup, are enough to make us religious again. Can you work the Koogle into the menu again? Also, the quiche was better than ever, the Tofu Salad was great, and so was everything else....Manny” Montclair, NJ*

## **April 23/24 Passover Inspired Menu**

**Friday “Fish” Plate:** Baked n’ crusted tofu “fish sticks” served over smashed potatoes topped topped with oven roasted Brussels sprouts and side of lemon caper dill “mayo” 9 points per quart F and Nut Free

**Passover Veggie Plate:** Assorted wondrous veggies: roasted sweet red beets; roasted butternut squash, carrot logs in dill sauce all garnished with house made, herbed cashew “ricotta cheeze” 4 points per quart F and NUTS (cashew)

**“Matzo” Ball Soup:** Two deliciously herbed brown rice “matzo” balls in a savory mixed vegetable soup (carrots, parsnips, turnips, celery, onion, kale) with fresh parsley n’ dill...yum! 4 points per pint F and Nut Free

***A Yummy Passover Testimonial:*** “Just want you to know how much we enjoyed the matzoh ball soup - absolutely terrific...Please keep up the good work, you are doing the world a favor. Pat” Saugerties, NY

**Lentil “Chopped Liver”:** Lentil-walnut pâté...better than Grandma Eleanore used to make! Garnished with raw crudités 5 points per container F and NUTS (walnut)

***A Yummy Passover Testimonial:*** “Of course, everything that you make is wonderful, but I do have to say a special thank you for veggie chopped UN-chicken liver. But please, it's not just for Passover is it? It's another one of your dishes that just makes me happy!!! Love and thanks for all you do. Christine” Woodstock, NY

**Baked Potato Kugel Pancakes:** Savory baked potato-onion-parsnip kugel pancakes served with side of stone ground mustard-herbed-carrot sauce 7 points per pint F and Nut Free

***A Yummy Passover Testimonial:*** “Had the kugel for dinner last night and was as good as any I had as a child. There was magic in it. Happy Pesach.” Andrea West Hurley, NY

**Kasha Varnishkas:** This holiday dish is usually made on Rosh Hashanah but we had requests so here goes... Roasted buckwheat kasha deliciously paired with brown rice penne smothered in brown herbed gravy and caraway caramelized onions 6 points per pint F and Nut Free

**Tofu UNegg-Salad:** Delicious tofu UNegg Salad filled with scallion, celery, red onion, ‘mayo’ and fresh dill 6 points per pint F and Nut Free

***A Yummy Testimonial:*** “Roni, We couldn't be happier. I am already addicted to the unegg salad. The lentil soup - best I've ever had. The wild rice salad wonderful. And now having a little chocolate cake for dessert. It is all scrumptious! Thank you so much. Pat” Troy, NY

**Middle Eastern Dish:** Herbed chickpea hummus served with oven roasted eggplant plus Israeli tomato, cucumber, red onion salad 5 points per pint Nut Free

**Savory Yam Tart:** Oat-nut crust topped with sage infused smashed garnet yams, sprinkled with black beans, topped with oven-roasted string beans and drizzled with basil walnut pesto 6 points per pint F and NUTS (walnut)

**Coconut “Macaroons” ‘n Chocolate Drizzle:** Delicious coconut cookies for the holidays. Coconut-almond macaroons drizzled with dark chocolate ...yum! 7 points per container F and NUTS (almond)