

# *Healthy Gourmet To-Go*

*Vegan-Gluten Free Meal Delivery Co. for 29 years and counting*

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## **Menu For September 20**

**9 dishes freeze well this week.**

*There is an "F" on the lids of dishes that freeze well.*

**Butternut n' Pasta Plate:** Sweet n' savory oven-roasted butternut squash with brown rice penne pasta, capers, sautéed onion, broccoli rabe n' kale served with cannelloni beans tossed with fresh rosemary, roasted garlic and olive oil 11 points per quart F and Nut Free

**Indian Dahl Plate:** Indian spiced red lentil Dahl with fresh chives served with coconut basmati rice with sautéed onions, plus oven roasted

red beets and side of apricot cardamom chutney 7 points per quart Nut Free

**Green Split Pea Soup:** Green split peas simmered with carrots, garnet yams, celery and fresh dill 3 points per pint F and Nut Free

**Tuscan-wich:** Grilled SUPER-SIZED buckwheat flax bread stuffed with grilled zucchini, pickled red onions, basil-sunflower seed pesto, grated beets, balsamic oven-baked tofu, kalamata olives, stone ground mustard and lettuce 7 points per sandwich Nut Free

**Mexican Pepper Steak:** Sautéed green peppers, onions and cremini mushrooms served with black beans plus side of red onion, tomato, corn salsa and scrumptious baked sweet plantain fritters 5 points per pint F and Nut Free

**Coconut Curry Tofu Stew:** Vegetables and tofu simmered with brown rice in a coconut curry broth (green peas, onion, kale, butternut squash and cabbage) garnished with fresh cilantro 5 points per pint F and Nut Free

**Macaroni n' "Cheddar Cheeze":** Brown rice penne pasta mixed with delicious, "cheddar cheeze" sauce topped with "cheeze", grilled onion bits and house made breadcrumbs! 7 points per pint F and Nut-free

**Jumbo Indian Burger:** Baked jumbo burger with lemon-curry chickpeas, basmati rice, roasted corn, toasted cashews, cilantro topped with curry cream and grilled cabbage 8 points per burger F and NUTS (cashew)

**Pad Thai Noodles:** Freshly ground peanut butter in our delicious house made peanut-ginger sauce served with Thai rice noodles topped with red pepper, scallion, cilantro and chopped peanuts 7 points per pint F and NUTS (peanut)

**Tapioca Pudding:** Creamy and scrumptious coconut tapioca pudding, even tapioca haters LOVE HGTG's delicious pudding...topped with smashed vanilla infused strawberries and chocolate coconut cream 6 points per 12 oz. container F and Nut Free

**Add Yummy Extras To your Bag at check out:**

- Double up on many of this week's dishes at check out
  - "Sea" Caesar-the cashew *everything* dressing
  - Untuna salad
  - Immune shots w. ginger, lemon, cayenne, black pepper
  - Smoothie of the week: Green Hemp Butter Pecan
  - Grilled Quesadilla with dip
  - Stuffed grilled "cheeze" with avocado and grilled onions
- **A Yummy Testimonial:** *"Yay for a quart of your delicious UNTuna salad - soooo freaking good!" Danielle Greenwood, NY*
  - **A Yummy Testimonial:** *"This food is so delicious! The quesadilla was incredible. My next order I want to add on the untuna salad, a smoothie and some extra dressings. When is your next round of orders? Really enjoying it thank you so much!" Vinnetta Brooklyn, NY*
  - **A Yummy Testimonial:** *"OMG, lady, the UN-TUNA SALAD!!! Where has this been all my life?! Way yummier than actual tuna salad. This container isn't gonna last the day." Emily Wappingers Falls, NY*
  - **A Yummy Testimonial:** *"Those ginger shots were amazing by the way 😊❤️" Julia Poughkeepsie, NY*
  - **A Yummy Testimonial:** *"I love my "bug catcher" so much. I used to turn a plastic cup onto them and slide a piece of cardboard under end lift off and bring outside. This is so much easier!! 🙄" Corinne Newburgh, NY*
  - **A Yummy Testimonial:** *"Ur smoothies are like divine desserts" Sherry Elka Park, NY*