



COOKING FOR COMPANY

Here are suggestions for serving company that allow us to eat HND foods and serve something we know they will also love:

- Start the meal with a big salad as a first course or to accompany the entrée. My salads include lots of Romaine or leafy lettuces, cucumber, tomato, radish, carrots and avocado. (I always use veggies in season that add interest.)
- Dress the salad with one of our oil free dressings. They may ask you about it because it tastes so good. (You can always swing a dressing to sweet or savory. Sweet, use Balsamic, Savory, use more garlic or lemon or lime. You can also add more sea salt.)
- Serve one of the following as an entrée or main course:
 - Spiral brown rice pasta with tomato and mushrooms and faux Parmesan cheese. Go heavy on the Parmesan.
 - Enchilada casserole with cilantro, red pepper and olives.
 - Mung lentil dish with the cashew cream to make it like an Indian coconut curry.
 - Amy's Organic Chili added to a bean dish you make as a base. Great with Red Beans or Black Beans and Fire Roasted Tomatoes and Frozen Corn.
 - Garbanzo, Mushroom, Fire Roasted Tomato and Cabbage. This is a great dish that everyone loves and it's quick to make.
 - There are many other recipes you can create. Just serve one of your favorite dishes that you make without explanation. If you love the tastes, they will too.
 - People are moving to more plant based eating and they're curious about whether or not it's tasty. Show them an example. It will give great dinner conversation as well.

To replace ground beef in recipes with something healthier than Beyond Meat try:

- Yves Veggie Ground Round
- Or even better, try this link and make your own veggie ground round:
<https://passtheplants.com/vegan-ground-beef/> (if you have trouble getting this link to open, copy and paste it into your browser)
- I think company would be fascinated with a dish that contained ingredients tasting like ground round that you made yourself.
- There are many burgers (vegan) on the market now that different clients have served guests and the guests raved about them. I would not use Beyond Meat because a number of the ingredients are GMO and chemical.