

Ingrid's Gourmet Meals

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House Favorites

Taco Salad

A combination of shredded romaine lettuce, flavorful taco seasoned ground turkey, black beans and corn with a low calorie tomato salsa dressing. Topped with low fat shredded cheese. The absolute 'House' favorite. OLE!!!

Calories per serving: 435; Fat 10 g

Antipasto Salad

Who doesn't like salami and pepperoni? Here it comes mixed with chopped romaine, cucumber, tomato and pepperoncini. Add to that some pickled vegetables (which I make myself) and toss with a low fat balsamic vinaigrette. As the Italians say: **MANGIA! MANGIA!**

Calories: 340, Fat 11 g

Asian Spinach Salad

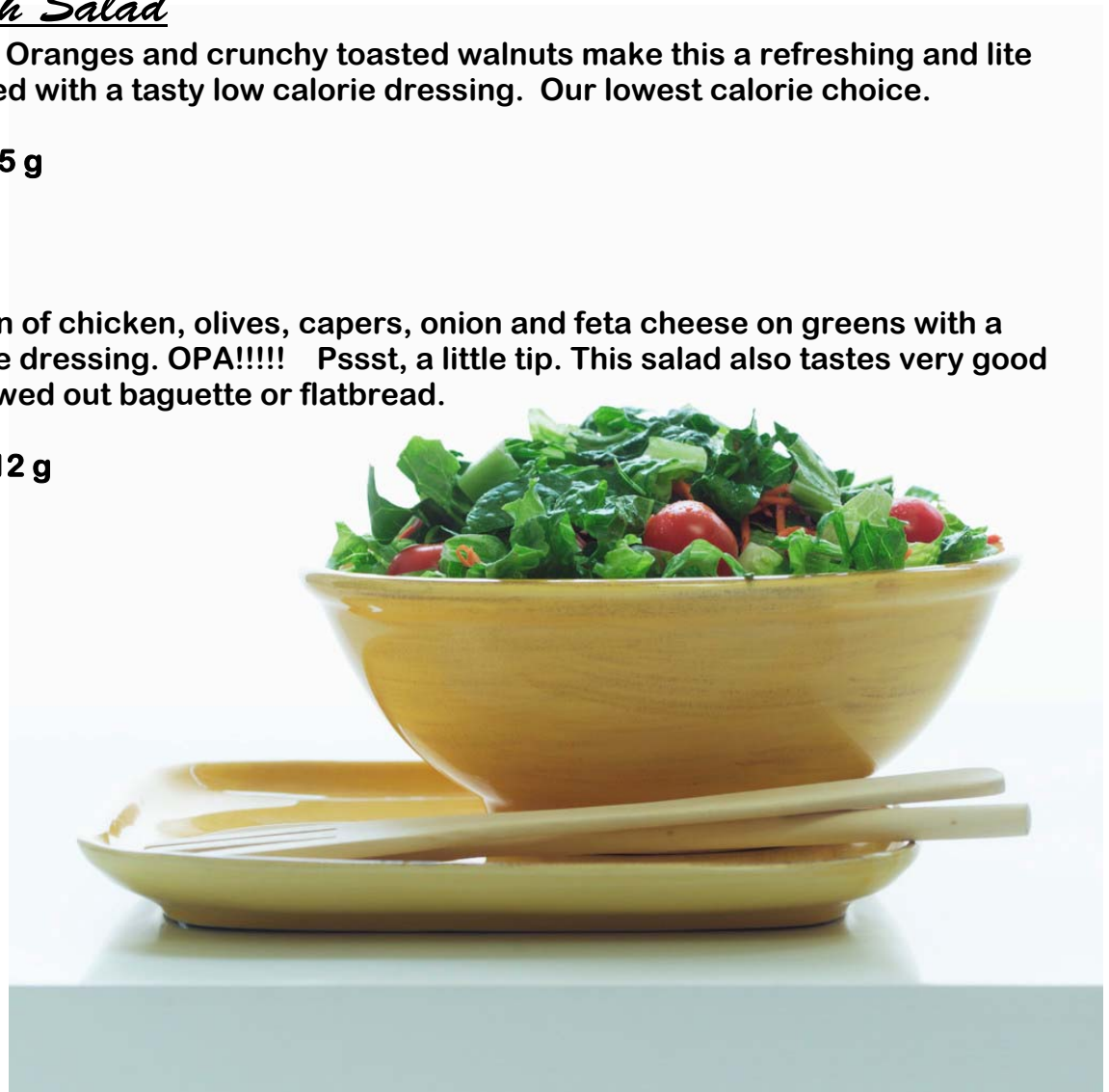
Spinach, Mandarin Oranges and crunchy toasted walnuts make this a refreshing and lite dinner salad. Served with a tasty low calorie dressing. Our lowest calorie choice.

Calories: 225, Fat: 5 g

Greek Salad

A tasty combination of chicken, olives, capers, onion and feta cheese on greens with a yummy tzatziki type dressing. OPA!!!!!! Pssst, a little tip. This salad also tastes very good stuffed into a hollowed out baguette or flatbread.

Calories: 375, Fat 12 g



More Salads...

Elevated Garden Salad

Field greens with tomato, cucumber, yellow bell pepper and green onion with a generous portion of feta cheese for protein. This nutrient dense salad will fill you up. Your choice of homemade low calorie balsamic or rice wine vinegar dressing. Lots to eat. Yeah!

Calories: 340 with dressing, Fat: 16 g

Chicken Salad With A Twist

Chicken salad on a bed of greens. Grilled chicken breast, crunchy celery, red onion, green grapes and a touch of curry in a low calorie yogurt/mayonnaise dressing. Delicious and very filling.

Calories: 242, Fat: 6.5 g

Lentil and Quinoa Salad

Lentils and Quinoa comprise the majority of this healthy dish but you also get a good amount of vegetables (cauliflower, broccoli and carrots). Served with a red wine vinaigrette. Good tasting and a great source of fiber.

Calories: 550, Fat: 11.5 g

Chopped Nicoise Salad

Tuna is the star in this tasty dish. Add to that small red potatoes, fresh green beans, salad greens, tomato and cucumber tossed in a light mustard, lemon vinaigrette. This is truly a meal in a salad. Bon Appetite.

Calories: 293, Fat: 6.2 g



Asian Shrimp and Orzo Salad

This salad brims with Asian flavors in the form of teriyaki shrimp mixed with orzo, sugar snap peas, water chestnuts, red bell pepper. Tossed with an Asian vinaigrette of rice wine vinegar, soy sauce and hoisin sauce. Very Umami.

Calories: 528, Fat 10 g

Hoity - Toity Salad

This salad combines creamy goat cheese with gently roasted beets, slightly sweet glazed pecans on a bed of mixed baby greens. Add a balsamic vinaigrette mixed with a touch of honey. Delicious and very elegant with little fat and calories.

Calories: 450, Fat: 15 g

Cobb Salad

Chicken and ham make this a comfortable favorite. Include a hardboiled egg, a bit of blue cheese crumbles and flavorful vinaigrette. You'll want to give a warm thanks to the inventor of this fine dish - at the famous brown Derby restaurant in LA.

Calories: 400, Fat: 16 g

Lite Pasta Salad With Chicken

This salad is a well rounded meal. Pasta, chicken breast, a variety of veggies (broccoli, cauliflower, carrots) in a light dressing made with rice wine vinegar. Psst, a little tip; if you prefer a hot meal simply microwave this salad for a few minutes. It is excellent hot or cold.

Calories: 560, Fat 9 g



Specials

Turkey Burger Patty With German Potato Salad

A flavorful ground turkey patty with a generous helping of German Potato salad. In Germany potato salad is made with pickles, herbs, onion and a light dressing comprised mainly of vinegar and very little mayo which makes it an ideal choice for a healthy diet.

Calories: 470, Fat 18 g

Spaghetti (Squash) and Turkey Sausage Ragout

All the flavor of the real thing but none of the calories which translates into MORE bang for your buck. A healthy portion of roasted spaghetti squash with a turkey ragout in tomato marinara sauce and even some parmesan cheese. YUMMY.

Calories: 358, Fat: 11 g

Veggie and "Kloeschen" Soup with a Clover Roll

Homemade chicken and veggie soup served with 2 German soup dumplings (similar to Matzo Balls). Also includes a homemade clover dinner roll. Believe it or not this delicious meal comes in at under 400 calories and under 10 grams of fat. WIRKLICH!

Calories (including roll): 368, Fat: 8 g

Italian Wedding Soup

This soup is delicious and elegant. It combines turkey sausage meatballs with small pasta and kale in a fragrant broth. A 3 cup serving of this soup has just 430 calories. Say "I DO"

Calories: 430, Fat: 12.5 g

