

Sample Menu, Navajo Nation Songwriting Retreat
Catered by [Helen's Taste of Home](#)



Breakfast:

fresh fruit, granola, yogurt, breads, jam and butter, organic hard boiled eggs/scrambled eggs (from the ranch!) cream cheese spreads, hard cheeses, coffee, teas

Lunch:

Green salad with balsamic vinaigrette topped with homemade chicken and egg salad; hummus with pine nuts, olive oil, kalamata olives and toasted pita OR self-serve sandwiches with homemade bread, fresh garnishes, meats and cheeses.

Dinner:

Fresh grilled salmon with cucumber/dill sauce, sautéed green beans, grilled new potatoes, garden salad with apple cider vinaigrette

Desert: *Apple crisp a la mode
coffee, teas*

About Helen's Taste of Home:

"The seeds of my love affair with cooking were first planted early in life as a child while living in Germany and traveling in Europe, and during my adolescent years while living in Okinawa. My mother cooked for a family of seven, fusing her native Panamanian culture with that of my father's southern roots. I remember it as a lively, interesting kitchen. The only item certain at evening meals was a cake or pie, at my father's request. It is therefore no surprise that I love creating sumptuous desserts in addition to preparing dishes from many regional and ethnic communities."