

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
PRECIS SYNDICATE, INC.**

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105 WORDS, 30 SECONDS

NEW OPTION FOR MEATLESS MEALS

REDUCING THE AMOUNT OF MEAT YOUR FAMILY EATS—AND CREATING HEALTHIER, TASTIER, VEGGIE-RICH MEALS—CAN BE EASIER THAN YOU MIGHT IMAGINE. ONE DELICIOUS WAY TO DO SO IS TO USE EASY-TO-PREPARE, PROTEIN-RICH PRODUCTS SUCH AS THOSE FROM QUORN (KWORN). THESE PRODUCTS ARE MADE FROM MYCOPROTEIN, WHICH IS A MEMBER OF THE FUNGI FAMILY. THE VERSATILE VARIETIES OF QUORN ARE LOW IN FAT, HIGH IN FIBER AND SOY-FREE. UNTIL RECENTLY, THE ONLY OPTIONS FOR MEATLESS MONDAYS WERE SOY-BASED OR BEANS AND LENTILS. FORTUNATELY, THERE ARE NOW OTHER OPTIONS WITH GREAT FLAVOR AND TEXTURE. YOU CAN FIND IT IN THE FREEZER AISLE.