



Healthier Eating



Healthier And Tastier Meat-Free Meals

(NAPSA)—Reducing the amount of meat your family eats and creating healthier, tastier, protein-rich meals are 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.

“The products are made from mycoprotein, which is a member of the fungi family,” said Chef Lilia Temple. “In addition to being really tasty, they are all low in fat but high in fiber, and soy-free. I love the soy-free part. Something like Quorn comes in so many different varieties, too—burgers, patties, tenders, grounds—there’s something for every dish. Making just one change to your family mealtime—reducing meat intake—can make such a difference to overall health. And your family won’t even notice.”

Here are two recipes that may soon become family favorites:

Quorn Spinach & Mushroom Pizza

This delicious, veggie-ful pizza is a healthy, better-for-you alternative to the typical meatball pizza!

Prep time: 20 minutes

Cook time: 15 minutes

Makes one 12" pizza (6 servings)

- 2 tsp. olive oil
- 1 small onion, thinly sliced (about 1 cup)
- 1 pkg. (8 oz.) sliced Baby Bella or white mushrooms
- 2 Tbsp. white wine or vegetable broth
- ½ tsp. salt
- ½ tsp. freshly ground black pepper
- Dash nutmeg
- 4 cups baby spinach leaves
- 6 Quorn Meatless Meatballs
- ½ cup prepared tomato sauce
- 1 prepared 12-inch (10-oz.) 100% whole wheat, thin-crust-style pizza crust
- 1 cup shredded part skim mozzarella cheese



This delicious pizza is made with mycoprotein that is lower in fat and higher in fiber than those made with real meatballs.

Instructions

Preheat oven to 400°F

1. Heat oil in large skillet on medium-high heat. Add onions, sauté 2 minutes or until softened. Stir in mushrooms and wine. Cook, stirring occasionally, 2–3 more minutes, or until liquid is evaporated. Season with salt, pepper and nutmeg. Stir in spinach leaves until just wilted. Remove from heat.

2. Place Quorn Meatless Meatballs and tomato sauce in a small saucepot. Cover and simmer, stirring occasionally, on medium heat 15–18 minutes. Remove Meatless Meatballs from pot, cool slightly, then cut each in half; set aside.

3. Spread remaining sauce evenly onto pizza crust to within ½ inch from the edge. Top evenly with mushroom-spinach mixture, then Meatless Meatball halves. Sprinkle with mozzarella cheese and place on baking sheet (or a preheated pizza stone) and bake at 400° F 12–15 minutes or until cheese is melted.

Kiddie Mac & Cheese & Quorn™ Cones

This easy recipe turns an old favorite into a fun and wholesome handheld meal!

Makes about 6 servings (about 4 cups Quorn Mac & Cheese mixture—2 cones each).

Prep time: 15 minutes

Cook time: 15 minutes

2 tsp. canola or vegetable oil

½ small onion, finely chopped (about ½ cup)

1 cup Quorn Grounds

½ tsp. garlic powder

½ cup broccoli florets, chopped

1 box (6 oz.) Shells & Real Aged Cheddar-style Macaroni & Cheese mix

12 small wafer, flat-bottomed ice cream cones (1 box, 1.2 oz. each)

Shredded Parmesan cheese, as needed



Instructions

1. Heat oil in medium skillet over medium-high heat. Add onions; cook, while stirring 3–4 minutes or until softened. Stir in Quorn™ Grounds, garlic, broccoli and ½ cup water. Simmer, stirring occasionally, until liquid has evaporated and broccoli is just tender-crisp. Cover to keep warm, set aside.

2. Meanwhile, cook Macaroni & Cheese as per package directions. Stir in Quorn broccoli mixture.

3. To serve, spoon about ½ cup of the macaroni, Quorn and broccoli mixture into each cone. Top with some Parmesan cheese “sprinkles.” Serve immediately.

For more information, visit www.Quorn.us.