

Vegetarian Trend Leaves Families Looking For Answers

(NAPSA)—Vegetarianism has been on the increase in recent years, and research shows that teens are leading the movement—according to MSNBC, almost 40 percent of teens identify themselves as vegetarians. This meat-free trend makes planning meals like the annual Thanksgiving feast more complicated for parents and hosts, leaving them wondering, what can I prepare that everyone will like, but still has a traditional holiday feel?

Grocery stores have several meat-free entrées for vegetarians and health-conscious individuals. One of the best-selling lines in this category is Quorn. Quorn's Turkey-style Roast is a good and healthy choice for the holiday feast. Made from mycoprotein, Quorn offers a meat-like taste and texture and is an excellent source of protein and fiber, cholesterol-free and low in fat, especially saturated fat. It has two-thirds less fat than roasted turkey breast, with only 90 calories and 2.5 grams of fat per serving. The roast can be found in the frozen food aisle at natural food stores and in the natural food section of selected supermarket retailers nationwide.

Below is a delicious fall recipe featuring the Quorn™ Turkey-style Roast. It can be served as a stand-alone main course or as an addition to your typical Thanksgiving fare.

For more information on Quorn foods, including recipe suggestions and store information, visit www.quorn.com.



Turkey-Style Roast with Cranberry-Mustard Glaze

- ½ (14-ounce) can jellied cranberry sauce**
- 2 tablespoons country-style mustard (with seeds)**
- 1 tablespoon olive oil**
- 2 teaspoons brown sugar**
- 1 teaspoon minced fresh rosemary leaves**
- 1 Quorn™ Roast, defrosted in the refrigerator overnight**

Preheat oven to 375°F. Heat cranberry sauce, mustard, olive oil, brown sugar and rosemary in saucepan, whisking to stir out lumps. Bring to a boil and remove from heat.

Lightly oil a large sheet of foil to cover the roast, and place on a baking sheet. Place roast on foil, and spread with cranberry-mustard mixture.

Cover roast with the foil and bake 30 minutes; roll back foil and bake 15 minutes more, or until top is reddish brown and roast is hot throughout. Let cool for 10 minutes, cut into slices and serve.