

Meatless Monday: Resolve To Eat Better

(NAPSA)—If eating right and taking better care of yourself are two of your goals, the Meatless Monday Campaign can help.

Developed as a national public health campaign and driven by the knowledge that the more meat we eat the greater our chances for heart disease, Meatless Monday is a nonprofit organization dedicated to helping reduce our consumption of saturated fat.

The idea is simple—skip meat on Monday.

Not so long ago this may have ranked among other difficult-to-attain resolutions. But now, with companies like Gardenburger offering nearly twenty different soy- and grain-based products from “chicken” to “ribs,” it’s easy to find plenty of delicious meat-free food choices that you will want to eat well beyond Monday. What’s more, Gardenburger products are 100 percent natural, contain no cholesterol, very few carbs and loads of protein.

“Attaining a healthy lifestyle is easier than you think,” said Ian Lev, national project director for the Meatless Monday Campaign. “A perfect place to start is by eating meatless on Mondays. Skipping meat just once a week will help reduce saturated fat, encourage healthier meal planning and put you on the road to improved health.”

To get started, here is an inspired recipe for Meatless Marsala Cutlets:



Meatless Marsala Cutlet (Serves 2)

- 2 Gardenburger Herb Crusted Cutlets
- 1/2 c. Marsala wine
- 2 oz. sliced mushrooms
- 1 tbsp. Dijon Mustard
- 1 tsp. garlic, chopped
- 1 tsp. shallots, chopped
- 2 tbsp. olive oil

Heat 1 tbsp olive oil in sauté pan on medium-high. Add Gardenburger Herb Crusted Cutlets and cook until warm throughout. Remove Cutlets from the pan and add garlic and shallots. Add mushrooms, and sauté until slightly brown. Then add mustard and Marsala wine. Add remaining olive oil and let sauce reduce by half; drizzle over cutlets and serve.

www.meatlessmonday.com and *www.gardenburger.com* are loaded with recipes, product information, and resources—everything you might need to make Meatless Monday a success.