

# food&family

## Meat-Free Cuisine Made Simple—And Delicious

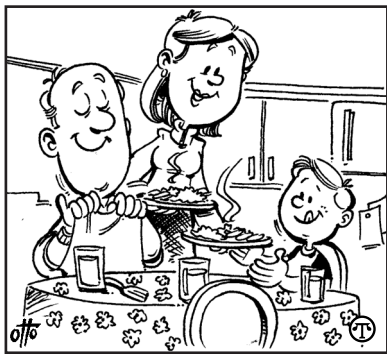
(NAPSA)—Here's food for thought: In the last 15 years, meal preparation time has decreased by half—with the average person preparing dinner in 30 minutes or less. Increasingly, these fast meals are also meatless.

That's good, since a meatless lifestyle can mean a healthier life. According to a recent issue of the *Journal of the American Dietetic Association*, "a well-planned vegetarian diet offers a number of nutritional benefits, as well as lower rates of death from ischemic heart disease; vegetarians also show lower blood cholesterol levels; lower blood pressure; and lower rates of hypertension, type 2 diabetes, and prostate and colon cancer."

To meet consumers' needs for convenience, home-style taste and healthful foods, one company has come up with a variety of meat-free products.

For example, Quorn Simply Sauté, a line of complete meals, combines rice or noodles, vegetables and exotic spices with meat-free chicken-style tenders. These delicious and satisfying skillet meals allow "time-crunched" Americans to prepare a home-cooked meal in less than 10 minutes over a stovetop. To meet the diversified taste of Americans today, Simply Sauté comes in three delicious ethnic flavors, Thai, Mexican and Indian.

Also new are Quorn meat-free meatballs, a healthy meat-alternative that can quickly be prepared in a skillet or microwave. The meatballs are a natural fit to complement tomato sauce and



**Meatless meals can be tasty and easy to make as well as good for you.**

pasta, and bring a fresh "meatball" taste to subs, salads or pita sandwiches.

These products are made from mycoprotein ("myco" is greek for "fungi") and other natural ingredients. Mycoprotein is an excellent source of protein and fiber, cholesterol free and low in fat, especially saturated fat.

The foods are said to have great tastes and texture. In fact, recent taste tests show that 69 percent of consumers preferred Quorn chicken-style nuggets to a leading retail brand of real chicken nuggets.

In addition to these new products, the company offers chicken-style patties, garlic and herb cutlets, naked cutlets; a turkey-style roast; beef-style dogs and sausage-style breakfast links. They all can be found in the frozen natural food aisle at natural food stores and major supermarket retailers.

For more information, visit [www.quorn/us](http://www.quorn/us).