

Holiday Menus: Eat Well, Live Well. Vegetarian Fare from gardein™

Fall is a favorite time of year for many. Children are back-to-school, leaves are turning colors, collegiate and professional football games are underway. And, for food lovers some of the year's best comfort dishes are fittingly available – from savory stews, to warm pot pies to hearty chilis—to name a few.

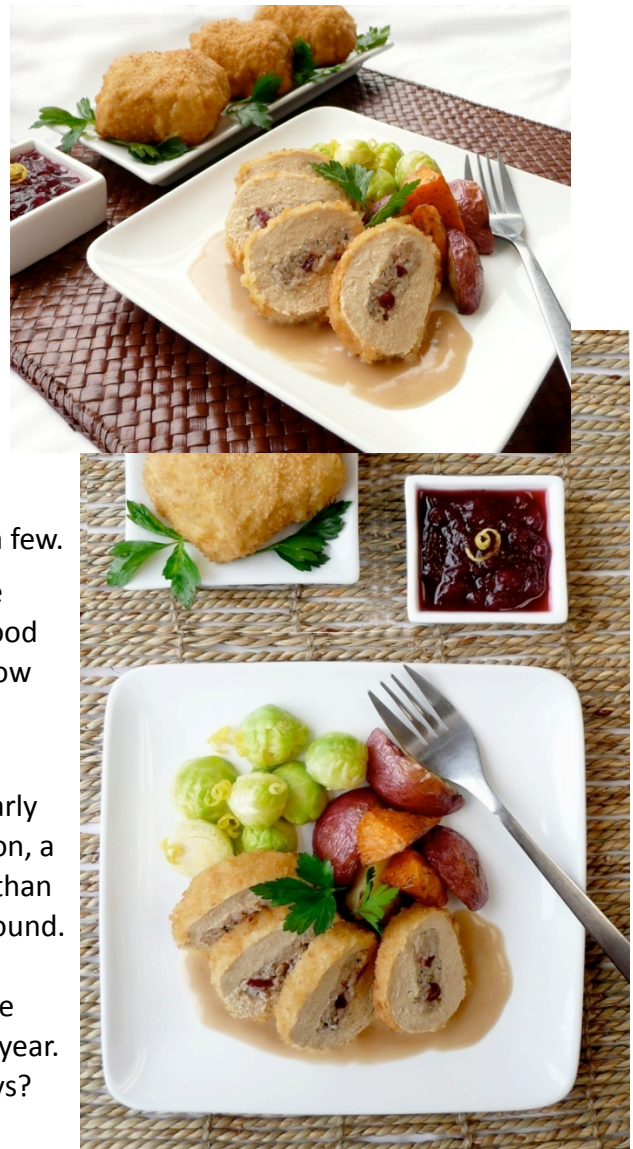
But, as Americans prepare for Thanksgiving and the holiday season, it is hard not to acknowledge our food consumption. From the types of foods we eat, to how much food we're eating – the results are not good.

America is fat and getting fatter. According to the Centers for Disease Control and Prevention, the yearly medical costs of obesity are estimated at \$147 billion, a figure that has ballooned of late, growing by more than 80 percent over a five-year period, recent studies found. And, as we head into November, we all know that Thanksgiving Day Feasts notoriously are some of the highest caloric and fat-laced meals we consume all year. So how can we eat better and still enjoy the holidays?

Healthier Holidays

Simple. Eat less food and add more fruits and vegetables to your diet. Plant-based diets are all the rage in Hollywood and making mainstream news. It was even recently reported that former US President Bill Clinton is now enjoying a meat-free and dairy-free diet for all the associated health benefits. And, it has been widely cited that going meat-free once a week is a significant action an individual can take to protect our planet.

But can we get enough protein if we don't eat meat? Yes. Did you know that protein comes from plants too? Enter gardein™ (garden + protein). Made with vegetables, grains and 100 percent plant-based protein, gardein™ offers a line of meatless foods that have a familiar taste to animal protein (specifically chicken, beef, turkey and pork). gardein™ is an ideal 'center of the plate' food for people who like meat, but want to eat less, and for those who are vegetarian (eat no animal products) and vegan (eat no animal/no dairy) as well.





A Perfect Holiday Vegetarian Menu Entrée

This holiday season a **gardein™ savory stuffed turk'y** designed especially for the food service industry is available. It's a great-tasting meat-free option and also easy for your chefs to prepare. This delicious entrée has 22 grams of protein, 9 grams of fat and is 320 calories. The turk'y is breaded with toasted crumbs made with traditional style stuffing, dried cranberries and seasonings. Your customers will not only be delighted to see a meat-free holiday menu item, they will leave your establishment very satisfied!

gardein™ savory stuffed turk'y

Heating Instructions – bake from frozen at 350 degrees F in oven for 25-30 minutes or until internal temperature reaches 165 degrees F.

Holding Instructions – cover with foil and hold in a warming oven at 180 degrees F for up to 45 minutes or hold under heat lamp and/or hot table for up to 45 minutes.

Serving instructions – hot: carving station or hot case with a vegan gravy or organic cranberry sauce.

For more information please visit: www.gardein.com/food_service.php.

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