

# Holiday Hints

## Healthy Holiday Eating

(NAPSA)—It can be easy to trim the fat from holiday meals without cutting taste. That's good news for many of the 40 percent of Americans who recently said they are looking for new meal choices this holiday season.

A good place to start is with the main dish. Roasts tend to be high in fat and calories—even turkey and chicken. A meatless main dish may be a good alternative.

The recipe below calls for a meatless Turkey-Style Roast that has two-thirds less fat than roasted turkey breast (2.5 grams of fat per serving) and only 90 calories. If meatless eating is already on your holiday menu, you could also try an indulgent meat-free Chicken-Style Gruyère Cutlet. They can be cooked in the toaster oven, have 11 grams of protein and 3 grams of fiber and can be used in a number of indulgent recipes.

Both products are made by Quorn Foods and both can help keep health—and taste—on the holiday menu. In fact, almost 70 percent of consumers recently said they preferred the company's meat-free nuggets to the leading retail brand of chicken nuggets.

### 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



**Turkey-Style Roast with Cranberry-Mustard Glaze makes a healthful and delicious holiday main course.**

- 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.

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