

Eating Healthy for the New Year without Losing Flavor

Eating healthier for the New Year doesn't have to mean sacrificing flavor! There are plenty of alternatives that make would-be unhealthy meals delicious, nutritious and a great way to keep diets on track throughout the year. Check out these healthy alternatives that are sure to become pantry staples in no time.

Here are 5 suggestions for healthy alternatives to make healthy eating easy, flavorful and exciting:

1. [Schmacon Brussels Sprouts](#): Switch out regular bacon for Schmacon in this hearty side dish. Schmacon is a great way to add more flavor and less fat to Brussels sprouts. Schmacon, an-beef alternative to pork bacon, has the same crunchy feel as traditional pork bacon but has less sodium, fat and calories. The switch to Schmacon will offer meat-lovers a delicious flavor that is tasty and healthier.
2. [Garlic Mashed Cauliflower](#): Substitute starch-heavy mashed potatoes with a lighter alternative: mashed cauliflower, which contains fewer calories and less carbs. The Food Network offers an easy to follow recipe with just a few simple ingredients. The surprising substitute satisfies taste buds and leaves eaters with a lighter feeling to continue with their work, play and cooking substitutions.
3. [Non-Potato Chips](#): Between all of the fruits and vegetables in the world, there are various healthy options to get that crunch effect of potato chips. BuzzFeed compiled a list of 23 potato chip alternatives that provide a healthier option to snack on. Baking fruits and vegetables with different spices offer different flavor profiles that are enjoyable and not calorie packed.
4. [Black Bean and Quinoa Burgers](#): This delicious alternative to a backyard barbeque favorite is lower in fat and calories than beef patties. Ready in less than 30 minutes, this recipe is a quick, delicious and healthy alternative to a greasy fast food burger.
5. [Zucchini Noodles](#): Switch out carb heavy and gluten packed pasta for a lighter and healthier option with zucchini noodles. Zucchini's subtle flavor makes it a perfect substitute for traditional pasta and adds an extra serving of vegetables to the meal. The Huffington Post has several different recipes to please any picky and health conscious eater.

Please let me know if you would like more information on Schmacon, including samples or an interview with Howard Bender, inventor of Schmacon and CEO of Schmaltz Products. Schmacon can be purchased online at www.schmacon.com.

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ABOUT SCHMACON

Schmacon™ is an all-natural, smoked, uniquely seasoned, crispy whole muscle beef product. It is easy to prepare, cooks in half the time of raw pork bacon and has less calories, fat and sodium. Schmacon can be used anywhere traditional bacon can be used – as a breakfast protein, in side dishes and sandwiches, or as a topping. For more information, please visit schmacon.com.

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