

Eating Well Made Easy!

Early autumn has always been invigorating for me.

The weather becomes crisper and I find more of a bounce in my step, encouraging me to “dig in” to work after a lazy summer. The flip side is that it’s also a hectic time of year, with schedules changing and kids returning to school.

But this fall I gave myself a new goal: to find a healthy and more convenient approach to nourishing and satisfying a hungry family. Happily, I have found the answer: a new concept to eating—not only healthier—but smarter and easier.

For those seeking a healthier balance of food, but who don’t have time to prepare or experiment, there’s a home delivery service offering delicious, gourmet vegetarian meals. Lynda’s Eat Well and Be Well Vegetarian Kitchen offers scrumptious, well-balanced nutritious meals to satisfy every taste bud. Lynda’s Eat Well and Be Well Vegetarian Kitchen offers convenient options for having this type of food available in my home, without hiring a personal chef or having to attend cooking classes!

My first order included tofu scramble with artichokes, an especially flavorful and fresh-tasting



Above: lentil quinoa salad,
top: tofu cutle

dish. The blend of artichoke hearts, spinach and Kalamata olives worked well together. Also included was “Good Karma” chili, a great balance of heat, sweetness, spice, and flavor. The sundried tomato dip was a nice surprise with good flavor, balance, and a pleasant texture. For dessert, “Jammin’ Coconut Crumb Bars” (aptly named) were a luscious treat with just the right amount of fruit filling, and a crumb topping combining walnuts and coconut for a satisfying richness.

Other menu items include: shiitake miso barley soup; “Good-4-U” almond bars; bouillabaisse of spinach with chick pea, potato, and saffron; tempeh Italiano with sautéed broccoli rabe; and tofu cacciatore. For this last dish, their menu indicates: “We get many emails and letters from chickens thanking us for offering this dish!” Nice doing business with folks who have a sense of humor!

Lynda and Bob Rice of Huntington Station are dedicated to providing delicious, healthy, organic meals at reasonable prices. All meals are vegan, meaning no animal products are used during their preparation. The service is simple and straightforward; orders can be



placed by phone, fax, or online. What I found especially convenient was the ability to browse the menus online, where pictures of most selections are included. The entire order process can be completed online anytime day or night. Orders are delivered before 7 a.m., arriving in a thermal bag with an ice pack and left outside your door. Individual meals can be eaten fresh or frozen for use later on. I can’t imagine an easier way of getting delicious, satisfying meals.

“Our meals fit in with most of today’s diet trends,” says Lynda, “but we would like to see awareness shift from ‘dieting’ to ‘eating healthy.’ We hope that by offering delicious, nourishing meals that are convenient, we can assist in this transition.”

Lynda’s Eat Well and Be Well Vegetarian Kitchen is a new concept in healthy gourmet eating. See their menu online at www.eatwellandbewell.com or call (631) 271-7080. Major credit cards are accepted. 🌸

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