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## Home Bistro Raises the Bar for Healthy Prepared Meals

### New Lighter Side Dinners Make It Easy to Eat Healthy Everyday

PLATTSBURGH, NY--(Marketwire - June 21, 2007) - Home Bistro introduces the Lighter Side, a new selection of revolutionary meals that proves you don't have to compromise on flavor, convenience or portion size in order to eat well everyday. With the addition of the Lighter Side menu, Home Bistro has truly raised the bar for offering a wide variety of great tasting meals that are easy to prepare and good for you.

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[Home Bistro Website](#)

Home Bistro founders and executive chefs Denis Chauvin and Scott Stillman used their combined forty years of sous-vide culinary expertise to create the new Lighter Side menu, which blends a selection of crisp vegetables, whole grains and lean meats into a delicious line of eighteen complete meals. The menu includes such items as Raspberry Grilled Chicken Breast with Whole Wheat Cous-Cous, Roasted Shrimp Pomodoro with Whole Wheat Spaghetti, and Grilled Vegetable Stuffed Ravioli with Baby Asparagus. Home Bistro chefs Scott and Denis will continually serve up fresh additions to Lighter Side Dinners, all with 500 calories or less and 30% or less of the recommended daily allowance for fat and sodium.

For Home Bistro, a leap into lighter meals seemed inevitable. "Like many of our customers, I was looking for meals that fit into my healthy and hectic lifestyle without compromising on flavor or nutrition," says Chef Scott. "We discovered that the sous-vide method of cooking was ideal for creating satisfying portions of great tasting dinners that were low in fat, calories and salt. Also, by having all food production under our direct control, we can ensure all ingredients meet our strict nutritional and quality specifications."

Ease in preparation makes Lighter Side Dinners a sensible way to eat well when time is scarce. Home Bistro takes the stress out of a busy day with meals that take no more than a pot of boiling water to prepare and offers the convenience of minimal cleanup.

Home Bistro is the leading and original provider of chef-prepared frozen meals delivered nationwide. Executive chefs Denis Chauvin and Scott Stillman have spent nearly 20 years in the U.S. and abroad perfecting a cooking method called "sous-vide." The secret to the company's success, the sous-vide process allows food to be slow cooked to perfection in Home Bistro's kitchen, and then vacuum-sealed and flash frozen to preserve freshness and taste. At-home preparation is as easy as placing the meals in simmering water. For more information, please visit [www.homebistro.com](http://www.homebistro.com) or call 1-800-628-5588 for a catalog.

To view this release online, go to: <http://www.pwrnewmedia.com/2007/homebistro062007/index.html>

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