

# MESTIZO GOES GREEN WITH NEW VEGETARIAN MENU

By Jim Urdiales

Mestizo in Baton Rouge prepares authentic Mexican cuisine that caters to a wide range of appetites, and now they looking to please the city's hungry vegetarian eaters with a new veggie-friendly menu.

"Vegetable-forward dishes that taste good are exciting. True Mexican cuisine, not Tex Mex, is traditionally vegetable heavy," Jim Urdiales, Mestizo's owner, said. "So, we are happy to showcase these items."

According to the Vegetarian Resource Group, there are six to eight million vegetarians currently in the United States, and plenty of restaurants are looking for ways to satisfy this unique culinary customer population.

Mestizo is jumping on the herbivore-driven bandwagon with an authentic Mexican menu that all vegetarians can enjoy. Mestizo focuses on using only the freshest veggies and fruits to promote a healthy, no-meat diet.

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"I have noticed a major trend in the past few years about different dietary restrictions, and we are glad to be able to take care of guests regardless of their eating habits," Urdiales said.

Mestizo's dishes stay true to the vegetarian rules that many consider to be a healthy way to eat:

- Mexican meals provide the nutritional values vegetarians need to make up by not eating meat.
- Unwanted saturated fats and trans fats are replaced with healthier fats your body needs.
- The chance of developing Heart Disease, Cancer and Type 2 Diabetes is lowered.
- The ingredients used can be good sources of protein, vitamin B12, iron, zinc, omega-3 fatty acids, and calcium.

Mestizo is looking ahead with a vegetable-forward mindset, so herbivores and carnivores can finally eat at the same table. After all, healthy eating finds a way!

