



Hi, Insider Subscriber,

April is National Soy Foods Month - now that's right up our alley. Soy is a main ingredient in many *Morningstar Farms*® products. In fact, it's what makes them meatless! Soy is a great way to incorporate lean protein and essential vitamins and minerals in your diet, while reducing or eliminating meat. To celebrate this momentous month, make a meatless meal for your family.

[Find delicious recipes at MorningstarFarms.com](http://MorningstarFarms.com)



This Month's Delish Dish

Mexican Brunch Tortillas

A hearty breakfast like this one makes waking up on the weekends well worth it. Scrambled eggs, avocado, Monterey Jack cheese and *Morningstar Farms*® Breakfast Patties made with Organic Soy fill these super-satisfying breakfast tacos.

Prep Time: 15 minutes | Total Time: 20 minutes | Servings: 3

[View the full recipe](#) | [Print this recipe](#)



Something to Chew On

Earth Day is April 22. Celebrate by taking in Earth's simple wonders. Get some fresh air, listen to the birds and literally stop to smell the flowers. Then see what you can do to take action and help the planet at [the official Earth Day site](#).



Basic Nutrition for Meatless Eaters

If you're eating less meat or no meat at all, getting all the daily nutrients you need can be a challenge. Learn how to get the most out of your meatless diet in this Better Eating Basics article.

[Read the article](#)



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