



Contact: Jenn Pansegrau
Formula
619-234-0345
pansegrau@formulapr.com

NEW KASHI STEAM MEAL OPTIONS SERVE UP DELICIOUS DINNERS FOR TWO

Chicken and Chipotle BBQ and Italian Vegetable Medley Varieties Deliver Distinct Tastes with Crisp Ingredients

LA JOLLA, Calif. (February 20, 2013)—[Kashi](#), the premier natural food and lifestyle company, today announced its new *Kashi*[®] [Chicken and Chipotle BBQ Steam Meal](#) and [Italian Vegetable Medley Pasta Steam Meal](#), two tasty additions to Kashi's convenient Steam Meal line. The mouthwatering new entrees provide a meal for two people in each bag. Like Kashi's existing single-serve varieties, microwave steam is used to preserve the quality of the ingredients. Each features the signature *Kashi*[®] *Seven Whole Grain*[™] blend and offers 42g or more of whole grains per serving¹:

- **Kashi Chicken and Chipotle BBQ Steam Meal:** An exciting combination of juicy mangoes, roasted green beans, red onion, and red and green peppers is paired with tender white-meat chicken, mixed with a sweet chipotle BBQ sauce, and served over *Kashi Seven Whole Grains and Sesame*[™] Pilaf. The meal offers 43g whole grains, 15g protein, and 6g fiber per serving².
- **Kashi Italian Vegetable Medley Pasta Steam Meal:** The savory combination of oven-dried tomatoes, edamame, crisp broccoli, red peppers, carrots and yellow squash is blended with a creamy marinara sauce and tossed with a perfectly-cooked *Kashi*[®] 7 Whole Grain Rotini Pasta. The meal provides 42g whole grains, 14g protein and 8g fiber per serving³.

“The Kashi Steam Meal is designed for those who want to make nutritious food choices, but whose busy schedules may hold them back from eating right,” said Jeff Johnson, senior nutritionist and natural food and lifestyle expert at Kashi. “With the new Steam Meals for two, people can enjoy a tasty, flavorful meal together that’s ready in just minutes.”

The *Kashi* Chicken and Chipotle BBQ and Italian Vegetable Medley Steam Meals join the existing line of single-serve Steam Meal options, including Chicken Fettuccine, Sesame Chicken, Roasted Garlic Chicken Farfalle and Spinach & Artichoke Pasta. All *Kashi* Steam Meals are now available in the frozen aisle of grocers and natural food retailers nationwide for a suggested retail price of \$6.95. For more information, visit www.kashi.com.

¹ The Whole Grain Council recommends 48g of whole grains per day

² *Kashi* Chipotle and Chicken BBQ Steam Meal contains 6g of fat per serving

³ *Kashi* Italian Vegetable Medley Pasta Steam Meal contains 8g of fat per serving

About Kashi Company

Founded in 1984, Kashi dreams of a world where everyone embraces natural health. As a natural lifestyle pioneer, Kashi is passionate about and committed to improving the health of people and our planet. By providing great tasting, nutritious and innovative foods, Kashi enables people to achieve optimal health and wellness, while also leading them on a path toward embracing a natural lifestyle. Kashi also champions non-profit organizations working to keep real food in the minds and hands of communities across the country through the [Kashi REAL Project](#). To learn more about 25 years of Kashi's mission, sustainable efforts, values and roots, visit [Kashi.com](#).

Kashi's products are natural, minimally processed and free of highly refined sugars, artificial additives and artificial preservatives. *Kashi*[®] brands and foods include: *GOLEAN*[®] cereals and bars; *Kashi*[®] *Heart to Heart*[®] cereal, instant oatmeal and whole grain crackers; *Kashi*[®] 7 Whole Grain Puffs, Honey Puffs, Nuggets and Flakes cereals; *Kashi*[®] *Good Friends*[®] cereal; *Kashi*[®] *Autumn Wheat*[®], *Cinnamon Harvest*[®], *Island Vanilla*[®], *Strawberry Fields*[®], *Simply Maize* and *Indigo Morning*[™] (organic) cereals; *Kashi*[®] *Honey Sunshine*[®] and *Berry Blossoms*[®] cereals; *Kashi*[®] *Black Currant Walnut* cereal; *Kashi*[®] chewy and crunchy granola bars, layered granola bars, soft-baked cereal bars, soft n' chewy bars and soft-baked squares; *Kashi*[®] snack crackers, pita crisps and cookies; *Kashi*[®] all natural frozen waffles, entrées, steam meals and pizzas; and *Kashi*[®] 7 Whole Grain Pilaf.

Join the Kashi community online at www.kashi.com, on Facebook at www.facebook.com/kashi and visit us on YouTube at www.YouTube.com/user/KashiCompany.

###