



**FOR IMMEDIATE RELEASE**

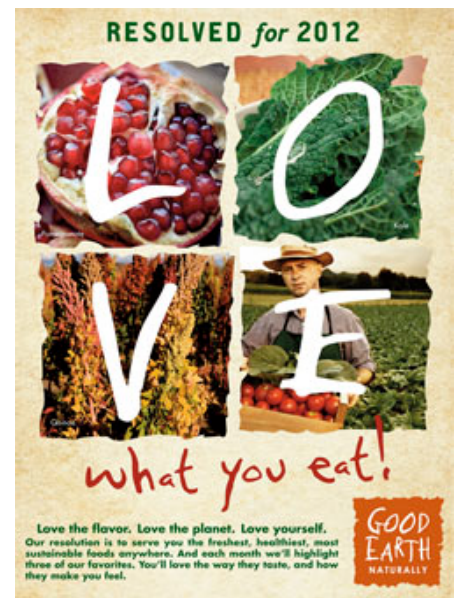


***Love What You Eat:***  
**It's GOOD EARTH® restaurants' New Year's Resolution – and so much more.**

*Minneapolis, Minn., January 18, 2012* – GOOD EARTH's resolution for 2012: To serve the freshest, healthiest, most sustainable food anywhere.

It's more than a resolution, in fact. It's a promise to the GOOD EARTH guest, says Parasole's head of culinary development, Tim McKee. "With the abundance of outstanding ingredients available to us, there's no reason to deny yourself.

"The quality of our life, our health and our planet can really be improved by following a simple prescription: to love what you eat. And our mission at GOOD EARTH is to give you the opportunity to do just that.



## **Each Month: A Focus on Flavor, Freshness, Health & Sustainability**

To shine a light on the difference quality ingredients can make, GOOD EARTH's monthly specials will feature three key foods across a range of dishes. Right now, GOOD EARTH guests can discover the wonders of:

### **Pomegranate:**

Centuries before its antioxidants and phytonutrients were identified, pomegranate was a staple of Ayurvedic medicine. Today scientists are exploring evidence that this ancient fruit may help to prevent diseases ranging from lymphoma and diabetes to the common cold.

### **Quinoa**

This nutty "grain" is actually a gluten-free seed containing all nine amino acids needed to make a complete protein and stimulate muscle growth. It's also high in magnesium, fiber and antioxidants.

### **Kale**

Dense with nutrients, this low-carb, low-calorie green isn't just packed with vitamins A, C and K. It also contains a host of chemicals with known anti-cancer properties, as well as carotenoids, calcium and fiber.

## **January's Featured Supplier: Star Prairie Trout Farm**

Located in Wisconsin less than an hour away, Star Prairie Trout Farm is a model of responsible aquaculture. Careful management of its artesian spring-fed ponds yields healthy, toxin-free trout, while contributing to the local economy and actually enhancing the environment. Not only that, Star Prairie trout is fantastically flavorful and delivered pristinely fresh.

## **Loving the GOOD EARTH Specials Sheet**

On the menu now: a selection of monthly specials featuring McKee's spotlight ingredients:

**APPLE & SUNCHOKE SALAD WITH POMEGRANATE**

Baby arugula tossed with apple vinaigrette, sliced apple and sunchoke with shaved parmesan, toasted hazelnuts and fresh pomegranate seeds 11.95

**GRILLED STAR PRAIRIE RAINBOW TROUT**

Fresh Rainbow trout from Star Prairie, WI, stuffed with cilantro-pumpkin seed pesto. Served with with miso-curry butternut squash and sautéed kale 15.95

**POMEGRANATE-BRAISED PORK SHOULDER**

Slow cooked Minnesota Berkshire pork with brown rice and chestnut risotto, crispy Lacinato kale and pomegranate molasses 15.95

**GRILLED POMEGRANATE-GLAZED CHICKEN**

Organic red quinoa with fresh & toasted edamame, shiitake mushrooms, sauteed kale and sesame. 13.95

**VEGETARIAN CHILI**

Garbanzo beans and seasonal vegetables are simmered in tomatoes and spices and topped with shredded cheddar jack cheese and garnished with blue corn chips. Cup 4.50  
Bowl 5.50

**GRILLED SHRIMP AND ZUCCHINI FLATBREAD**

Char-grilled cracker flatbread with herb-marinated shrimpgrilled zucchini, toasted pinenuts, feta, fresh mint and chili oil 9.95

**COCONUT PANNA COTTA**

Silky vanilla and coconut milk panna cotta with sliced mango and fresh mint 6.95

**PINEAPPLE UPSIDE-DOWN CAKE**

Moist brown sugar-almond sponge cake with caramelized pineapple 6.95

## **About GOOD EARTH**

GOOD EARTH restaurants in Roseville and the Edina Galleria are open for breakfast, lunch and dinner seven days a week. The entire menu is available for takeout, and with advance notice GOOD EARTH can provide food and drink for business meetings, celebrations and other events. Learn more at [www.GoodEarthMN.com](http://www.GoodEarthMN.com).

## **About PARASOLE**

Headquartered in Minneapolis, Minnesota, **Parasole Restaurant Holdings** operates the Good Earth Restaurants in Edina and Roseville; Chino Latino and Uptown Cafeteria & Support Group in Uptown; Manny's Steakhouse, The Living Room & Prohibition at the W Minneapolis – The Foshay; Pittsburgh Blue Steakhouse in Maple Grove and Edina; Salut Bar Américain in Edina and St. Paul; Muffuletta Café in St. Paul's Como Park neighborhood; Burger Jones in Uptown and Burnsville; and Mozza Mia – Pizza Pie and Mozzarella Bar in Downtown Edina.

By joining the Parasole Dining Club, guests have the opportunity to earn points for the dollars they spend and to redeem them for food and drink at any participating Parasole restaurant. Details at [Parasole.com](http://Parasole.com).

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