



## **Drum Roll Please... Mediterranean Style Burger Wins The Arden Hills “Grill Off” Competition**

### ***Healthy Alternative Burger to Debut Soon on Mangos Restaurant Menu***

**SACRAMENTO, Calif. (September 11, 2009)** – Move over cheeseburger, a Mediterranean style healthy alternative burger recently took top billing during a special “Grill Off” competition at Arden Hills Resort Club & Spa. Made with a mixture of lean meats loaded with healthy vegetables, feta cheese and served on a pita with yogurt as a condiment, the winning Mediterranean Burger will be offered on the Mangos Restaurant menu beginning in October.

In addition to the crowd-pleasing taste of the Mediterranean Burger recipe, it is a healthy alternative to the traditional cheeseburger. In fact, the winning alternative burger is significantly lower in calories and fat content than that of a traditional cheeseburger (369.5 vs. 850 calories; 10.9 vs. 49 grams of fat, respectively).

With stiff competition from a number of local participants and a slim one-point margin, a panel of judges selected the winning alternative burger based on nutritional value, taste, presentation and creativity. Local residents Lizann Hunt and Henry Grambergu teamed up to develop the tasty winning recipe.

“Thinking ‘less fat,’ I came up with a Greek themed burger that is a healthy alternative to the traditional cheeseburger,” said “Grill Off” Winner Lizann Hunt. “It was fun experimenting with burger stuffing and sauces, and I’m inviting all my friends and family to Mangos to try my Mediterranean Burger!”

The “Grill Off” competition took place at Arden Hills Resort Club & Spa during an annual community event called “A Celebration of Wellness,” designed to introduce the wellness concept through fitness, nutrition and sense of overall well being. The complete recipe for the winning Mediterranean Burger is available at [www.ardenhills.net](http://www.ardenhills.net).

#### ***About Arden Hills Resort Club & Spa***

*For more than a half century, Arden Hills has been at the forefront of inspiring young and old to experience a more abundant life. Whether it is world-class athletes needing that extra edge, business professionals looking to improve their productivity, or individuals seeking to improve their self image through health and beauty enhancement, they all look to Arden Hills Resort Club & Spa, a state-of-the-art wellness resort offering cutting edge technology and education combined with first-class service. Sound nutrition is the foundation of our wellness philosophy. Our award winning chefs specialize in natural, organic whole foods and are supported by a highly trained nutritional staff. Situated in the heart of California’s capital, Arden Hills has been both world-renowned and treasured by locals throughout its colorful history. The wealth of services offered at Arden Hills are available to both members and to daily and overnight guests. Enter the resort and be prepared to be transformed on your way to a more fulfilling life of health and happiness. To explore and experience the wide range of wellness offerings available to everyone, visit [www.ardenhills.net](http://www.ardenhills.net) or call 916-482-6111.*

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