

## Press release

### **Celebrate Valentine's Day with a menu with heart: Shukran proposes a heart-healthy dinner to celebrate Valentine's Day.**

- **The group creates an exquisite tasting menu that includes products that provide iron, fiber and proteins that contribute to lower cholesterol levels and a strong and healthy heart.**

Madrid, February 6, 2019 - One of the most romantic dates of the year, Valentine's Day, is approaching. A day that many couples usually celebrate by dining out and without paying much attention to the food they are going to consume. To avoid copious dinners that later take their toll, the restaurant chain [Shukran Group](#) has designed a menu with heart-healthy dishes because on Valentine's Day the best gift is to take care of the person you love.

This menu with heart is a tasting menu that includes:

- **Hummus:** this chickpea cream with tahini is rich in essential minerals such as potassium, phosphorus, magnesium, calcium, iron and zinc. But hummus is also rich in protein, which helps to maintain blood sugar levels thanks to its low glycemic value. Another fact to take into account is that the high content of Omega 3 fatty acid helps prevent cardiovascular diseases.
- **Muhammara:** this cream of roasted red peppers and toasted walnuts accompanied by pomegranate sauce is one of the most heart-healthy dishes available thanks to all the ingredients that compose it. On the one hand, roasted red peppers are rich in fiber, antioxidants and their vitamin C, flavonoids and phytochemicals content reduces the risk of cardiovascular diseases. On the other hand, walnuts have a high content of Omega 3 fatty acids that give them a cardioprotective effect. While regular consumption of pomegranate produces a decrease in systolic blood pressure, reduces bad cholesterol (LDL) and improves glycemia.
- **Falafel:** these croquettes are made with chickpeas and one of the main properties of legumes is that they are very rich in fiber. In addition, the amount of essential fatty acids they provide is ideal for the proper functioning of the body.
- **Moorish chicken brochette:** this brochette is grilled, which contributes to reduce the calories in the dish. Chicken is one of the healthiest meats on the market, it has a low fat content and contains proteins and amino acids in abundance. In addition, its low cholesterol content makes it a very heart-healthy dish if the skin is not taken.

The menu is completed with **Lebanese pita bread**. Lebanese food is delicious and very healthy, ideal for maintaining a balanced diet as it contains legumes, vegetables, low fat and pita bread as a replacement for white bread. Pita bread is a great source of vegetable protein and also provides fewer calories than traditional bread. It is an ideal accompaniment to hummus and can also be filled with different vegetables.

Wine is a must at a dinner like Valentine's Day. According to the Spanish Heart Foundation (FEC), moderate consumption of wine, especially **red wine**, has benefits for cardiovascular health, so there is no better way to celebrate Valentine's Day than toasting with a glass of wine.

**And for dessert? This year less chocolates and more baklawas.**

On Valentine's Day it is a tradition to give chocolates, but baklawas are known all over the world for being one of the most delicious and healthy desserts that exist (as long as they are consumed in moderation like other sweets). They are made with filo dough, nuts and honey. Numerous studies affirm that eating nuts regularly reduces the risk of diabetes, infections and cardiovascular and respiratory diseases. They can also help prevent the onset of inflammatory disorders, such as rheumatoid arthritis.

Baklawas are millenary sweets of Arab origin that families used to make to entertain their guests. Today they can be found in Shukran restaurants and also on supermarket shelves under the brand name Taste Shukran.

This year, Shukran encourages you to celebrate Valentine's Day with your heart in mind with a very original and heart-healthy menu.

**About Taste Shukran**

The company was founded in 2010 by Lebanese entrepreneur Bill Saad. It is a reference company in the food sector, specialized in Mediterranean cuisine with Lebanese influence. Shukran Group also owns the retail line Taste Shukran, which markets various products such as hummus, creams, sauces and baklawas. The products and recipes that complete Shukran Group's offer are elaborated in its own 1000 square meters workshop, where the latest technology is combined with craftsmanship. Currently, its products are distributed in more than 300 points of sale.  
<http://shukranguroup.com/>

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