



Photo by Nicci Brown

How to Make Your Meals Meatless

Benefits of Less Meat and More Plants

Going meatless **one day a week**, also known as the **Meatless Monday Movement**, can reduce the risk of chronic preventable conditions like cancer, cardiovascular disease, diabetes and obesity.

On average, Americans consume 8 ounces of meat per day, which is 45% more than the USDA recommends...

Eating too much meat may be harmful to your health. Diets high in saturated fat and processed meat may lead to cancer, heart disease, and stroke.

Introducing more vegetable and fruits every day can...

- Decrease the risk for heart disease and stroke
- Control blood pressure
- Improve cholesterol through extra soluble fiber intake
- Guard against cataracts and macular degeneration
- Help control weight

How Much Should You Eat?

- Daily recommendation for fruits is 1.5 - 2 cups/day
- Daily recommendation for vegetables is 2 - 3 cups/day

http://www.hsph.harvard.edu/nutritionsource/vegetables-full-story/#bottom_line

Meatless Monday

Here are some resources for other meatless main dishes that you can make at home, via MeatlessMonday.com

- Asian Noodle Bowl with Spicy Almond Sauce
- Cherry Tomato Pesto Penne
- Fettucine Florentine
- Indonesian Coconut Curry
- Quinoa Black Bean Soup
- Lemon Ginger Peas
- Lemon Wild Rice and Lentils
- Sicilian Cauliflower Pasta
- Spinach Artichoke Pita Pizza
- Tofu Almond Stir-Fry
- Veggie Loaded Chili
- Winter Harvest Citrus Pasta

Celebrate Mardi Gras!



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New Orleans Vegetable Stew

Yield: 32 fluid ounces

Makes: 3-4 servings

Ingredients:

2½ ounces dry black eye peas	½ cup water
½ teaspoon vegetable soup base	¾ teaspoon olive oil
2¼ teaspoon fresh garlic	½ bay leaves
14 ounces diced tomato with juice	1/8 teaspoon allspice
5 ounces fresh sweet potatoes	¾ teaspoon chili powder
5 ounces okra	½ teaspoon thyme leaf
5 ounces kernel corn	½ teaspoon ground oregano
Salt, hot sauce (Tabasco), ground black pepper to taste	

Preparation:

1. Pick and rinse blackeyed peas, cooking according to package directions until beans are very tender (40-50 minutes). Drain beans and reserve cooking liquid.
2. Sautee garlic in olive oil 1-2 minutes to release flavor.
3. In a large pot, add tomatoes with juice, sweet potatoes, reserved water, vegetable base, allspice, and chili power
4. Add the bay leaves, thyme, and oregano in sachet bag and bring to a boil. Simmer for 20 minutes until potatoes are tender
5. Add cooked peas, okra and corn. Simmer 10 minutes until tender
6. Season with salt, pepper, and hot sauce to taste

Serving Size:
1 cup (8 ounces)

Nutrition Facts

Serving Size 1 Portion (225g)
Serving Per Container 1

Amount Per Serving

Calories 150 Calories from Fat 15

% Daily Values*

Total Fat 1.5g **2%**

Saturated Fat 0 %

Trans Fat 0 %

Polyunsaturated Fat 0 %

Monounsaturated Fat 1g %

Cholesterol less than 5 milligrams %

Sodium 600mg **20%**

Total Carbohydrate 32g **9%**

Dietary Fiber 7g %

Sugars %

Protein 6g **13%**

Vitamin A 190% • Vitamin C 40%

Calcium 6% • Iron 15%

Vitamin E 0% • Vitamin B6 0%

High-Protein Meatless Foods

- Almonds - 6 grams of protein per 1 ounce serving
- Black beans - 12 grams of protein per 1 cup serving
- Cottage cheese - 13 grams of protein per ½ cup serving
- Peanut butter - 8 grams of protein per 2 Tablespoon serving
- Quinoa - 8 grams of protein per 1 cup serving (cooked)
 - Seitan - 18 grams of protein per 3 ounce serving
 - Tofu - 10 grams of protein per ½ cup serving