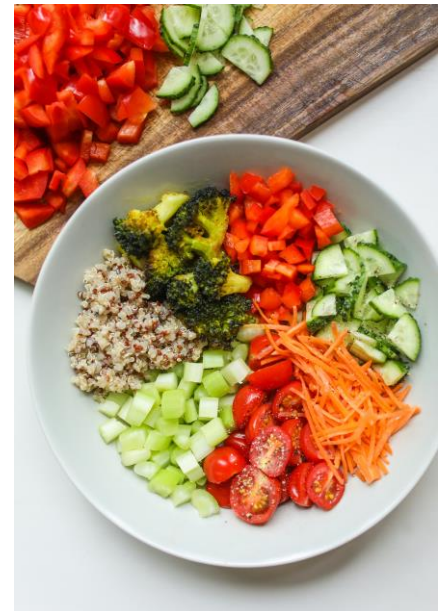


Building a Balanced Meal Without Meat

Benefits of Meatless Meals

- Reduce your meat intake to improve your health and help the earth. Beans and barley contain protein and soluble fiber. Soluble fiber is helpful in lowering LDL (bad) cholesterol.
- Certain meats (pepperoni, ground beef, hot dogs, etc.) are high in saturated fat that can increase the risk of heart disease. Replacing meat with plant-based proteins (beans) is a great step to help you lead a heart healthy lifestyle.
- Meatless meals can help you save money. One can of no sodium added beans cost less than a dollar whereas a pound of meat can be about \$3-5.



Vegetarian Protein Sources

- Nuts (almonds, pecans, cashews, etc.)
 - Peanut butter & almond butter
- Beans (black, pinto, kidney, navy, etc.)
 - Soy (edamame, soy milk & tofu)
 - Lentils, barley & quinoa
- Dairy (milk, cottage cheese & yogurt)
 - Eggs

Meatless Myths

1. Almond milk has just as much protein as soy milk.

Myth: One cup of almond milk only has 1 gram of protein but soy milk has 8 grams of protein (just as much as cow's milk).

2. You can't get enough protein without eating meat.

Myth: Incorporating a variety of vegetarian foods into your diet will provide enough protein to support a healthy lifestyle.

How Do I Build Meatless Meals?

- Incorporate multiple food groups (fruits, veggies, whole grains, dairy, and a protein source) into your meal, which will provide a variety of important nutrients.
- Try to make half of your plate fruits and vegetables. Aim for one to two meatless meals per week.

Ten Ways to Use Vegetarian Protein Foods

1. Put a hard-boiled egg or edamame in a salad.
2. Add lentils or barley to soup.
3. Use unsweetened soy milk in a smoothie.
4. Make a peanut butter sandwich on whole wheat bread.
5. Add pureed beans to marinara sauce and serve over pasta.
6. Use chickpea or lentil noodles instead of using white noodles.
7. Replace meat with beans or lentils in a chili recipe.
8. Make a black bean quesadilla on a small tortilla.
9. Add edamame to stir fry instead of meat.
10. Try the black bean and lentil taco recipe below for taco night.



Healthy Recipe: Black Bean & Lentils Tacos

Ingredients

- ½ cup dry lentil, rinsed
- 1 cup canned low sodium black beans, drained and rinsed
- 1 Tablespoon chili powder
- 1 Tablespoon cumin
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon dried leaf oregano
- 1 ½ cups water
- 4 whole wheat flour tortillas

Directions

1. Cook lentils in the water over medium-high heat until almost all the water is absorbed (about 15 minutes).
2. When there is about 2 tablespoons of water left, add black beans and all seasonings. Stir and continue cooking until all the water is absorbed (about 2 minutes).
3. Serve in whole wheat tortillas. Recipe courtesy of AZ Health Zone

Dietitian Tip: Pair this meal with veggies (side salad or sliced vegetables).

Serves 4

1 taco: 250 calories, 4g total fat (1g saturated fat), 0mg cholesterol, 470mg sodium, 46g carbohydrates, 9g fiber, 1g sugar & 13g protein