

Mix-and-match plant-based foods

- ✓ High in fiber, vitamins, and minerals
- ✓ Low in saturated fats and calories

- ✓ No cholesterol
- ✓ No added sugars or salt

2 Veggies	Legumes	Whole Grains	Healthy Fats	Fruits (if you want)
Butternut squash, Zucchini	Black beans	Quinoa	Pecans	Strawberries
Broccoli, Corn	Red kidney beans	Brown rice	Olives	Apple
Spinach, Tomatoes	Chickpeas or Hummus	Whole wheat bread	Walnuts	Grapes
Kale, Cauliflower	Edamame or Tofu	Whole wheat or Protein pasta	Almonds	Mango
Carrots, Cabbage	Lentils	Whole-grain crackers	Avocado	Pear
Asparagus, Mushrooms	Hemp, Chia or Flax seeds	Barley	Olive oil	Pineapple

- Add fresh herbs to dishes to add flavor without added salt.
- Still feel hungry? Add tofu, egg or cheese to boost protein.
- Try going meatless at least once a week for your best health.



Butternut Squash and Cranberry Quinoa Salad

Ingredients

3 cups butternut squash, chopped
 1 tablespoon olive oil
 1 cup uncooked quinoa
 1½ cups water
 ⅓ cup dried cranberries
 ⅓ cup red onion, finely chopped
 3 tablespoon toasted pumpkin seeds
 balsamic vinaigrette

To make Preheat oven to 400°F.

- Roast squash with olive oil for 20-25 minutes
- cook quinoa until liquid is gone
- Mix quinoa, roasted squash, cranberries, red onion, toasted pumpkin seeds in a large bowl.
- Add the vinaigrette and mix until combined.

From <https://www.littlebroken.com>

Balsamic Roasted Broccoli and Red Pepper Grilled Cheese

Ingredients

1 pound broccoli, or ½ pound broccoli florets
 1 red bell pepper
 1 small yellow onion
 2 tablespoon olive oil
 2 tablespoons balsamic vinegar
 ¼ teaspoon salt
 Pinch red pepper flakes (if you want)
 8 slices whole grain sourdough bread
 8 ounces shredded cheddar cheese
 1 to 2 teaspoons Dijon mustard
 1 tablespoon butter

To make Preheat oven to 425°F.

- Prepare your veggies by slicing into bite-sized pieces. Drizzle on olive oil and balsamic vinegar, and move to baking sheet. Season to taste. Bake for about 20 minutes, tossing after 10 minutes.
- Spread a thin layer of mustard on 1 slice of bread, top with shredded cheese, then roasted veg. Top with more cheese and other piece of bread on top. Repeat with remaining sandwiches. Add butter to skillet and cook sandwiches over medium heat until cheese melts.

From <http://www.cookieandkate.com>





Chickpea and Tomato Stew

Ingredients

2 tablespoon olive oil
 3 garlic cloves, finely chopped
 1 medium red onion, finely chopped
 3 teaspoon cumin (ground)
 1½ teaspoon smoked paprika (ground)
 ¼-½ teaspoon cayenne pepper or hot chilli powder
 2-3 teaspoon brown sugar
 black pepper, to taste
 2 small tins of peeled plum tomatoes
 1 tablespoon of tomato paste
 1½ cups of cooked chickpeas
 1 cup of spinach
 a handful of almond flakes, toasted

To make

- Heat up oil in pan. Add chopped onion and then garlic. Cook until onions are see through. Add all spices, and mix. Then add tomato paste.
- Flatten plum tomatoes in a bowl before adding them to the pan. Then add dash of salt, and half the sugar. Let sauce thicken by simmering it on a low heat with no lid on. Once the sauce thickens stir in chickpeas, then spinach and let greens cook with lid on. Serve with the grain of your choice.

From <http://www.lazycatkitchen.com>

Curried Tofu Salad

Ingredients

3 tablespoon low-fat plain yogurt	1 (14 oz) package extra-firm tofu, rinsed and crumbled
2 tablespoon light mayo	2 stalks celery, diced
2 tablespoon mango chutney	½ cup golden raisins
2 teaspoon curry powder	½ cup sliced scallions
¼ teaspoon salt and black pepper	¼ cup chopped walnuts

To make

- Whisk yogurt, mayo, chutney, curry powder, salt and pepper in a large bowl.
- Stir in crumbled tofu, celery, raisins, scallions, walnuts.
- You can serve the salad on top of greens or on a piece of whole wheat toast.

Find recipe video here: <http://www.youtube.com/user/CHNorg>

