

Health Tip of the Month

Eat Protein-Packed Plants

Plant Proteins are all around us!

Protein is found in nuts, nut butters, seeds, beans, legumes, tofu, and whole grains.



Eat plant proteins at least once per week to:

Be Healthy: high fiber in plant proteins lowers cholesterol and blood pressure

Stay Full: between meals

Save Money: beans cost less money than meats. Both dry beans and dry grains can be stored for a long time in your pantry.

Warm Grain Bowl

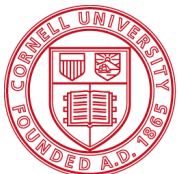
Ingredients:

- ½ cup brown rice or quinoa, cooked
- ½ cup shaved carrots
- ½ cup diced yellow peppers
- ½ cup sliced cucumbers
- ½ cup cherry tomatoes
- ½ cup lentils, cooked
- ½ teaspoon oregano
- ½ teaspoon basil
- ½ teaspoon black pepper
- ½ teaspoon olive oil
- 1 slice avocado



Preparation:

1. Rinse both lentils and quinoa in a strainer.
2. Cook lentils and quinoa or brown rice in boiling water in a saucepan for 15 minutes (or until soft and tender).
3. Dice, shave, or slice vegetables into a bowl.
4. Mix spices, olive oil, cooked quinoa or brown rice, cooked lentils, and vegetables in the bowl.
5. Garnish with slice of avocado and enjoy!



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