

Plant Proteins

Plant proteins include beans, lentils, chickpeas, dried peas, tofu, nuts and seeds. Use instead of meat to:

- Reduce saturated fat intake and improve heart health
- Increase fibre intake to control appetite, blood sugars, blood pressure and cholesterol
- Feed healthy gut bacteria as they are a prebiotic
- Save time and money as they are easy to prepare and inexpensive
- Increase intake of vitamins and minerals such as iron, folate and potassium

Source	Examples	Serving	Tips
Beans	Black, kidney, navy, mung, pinto Chickpeas/ Garbanzo beans	½ cup cooked	Buy no salt added canned beans or cook at home (see below). Add to eggs for breakfast, blend into baking, add to salads, chili, soups, burritos, or look for bean pastas.
	Hummus	¼ cup	Spread on sandwiches, use as dip or in salad dressings.
Peas	Dried split green or yellow peas	½ cup cooked	Add to soups and sauces. See cooking instructions below.
Lentils	Green, brown, black, turtle **maintains shape	½ cup cooked	Buy no salt added canned lentils or cook at home (see below). Add to curries, soups, oatmeal, rice, grain and veggie bowls, salads, wraps, tacos.
	Red or split red **thickens dish		Add split red lentils to tomato sauce, dips and soups. Look for lentil pastas.
Soy	Soy nuts	¼ cup	As a snack, on salads, in trail mix.
	Firm tofu/ tempeh	½ cup	In stir fries, burritos, curries, or grilled.
	Edamame	½ cup	As a snack or protein packed side dish.
	Soy milk	1 cup	Choose unsweetened, calcium and Vitamin D enriched.
Nuts	Almonds, walnuts, pecans, cashews, peanuts	¼ cup	Unsalted, raw or dry roasted. Add to salads, oatmeal, trail mix, cooked vegetables, or chopped on top of whole grains. Choose natural, unsalted, no sugar added.
	Nut butters	2 Tbsp	Use in dips, dressings, smoothies, on toast or in sandwiches.
Seeds	Sunflower, pumpkin, hemp	2-3 Tbsp	Top salads, soups, baked goods, cereals, smoothies.
	Seed butters (sunflower, tahini)	2 Tbsp	In salad dressing, baked goods, spread on toast or fruit.
Nutritional Yeast	Red star yeast	2 Tbsp	Sprinkle on salads, popcorn or mix into dips and dressings.

Cooking Instructions

Dried Beans	<ol style="list-style-type: none"> 1. Soak beans in water for 8 hours, then drain and rinse or Quick soak by boiling 1 cup beans in 3 cups water for 3 minutes. Remove from heat and let stand for 1 hour then drain and rinse and continue to next step. 2. Add 3 cups fresh water for every 1 cup beans 3. Bring to boil, simmer for 45 minutes to 2 hours until tender, drain and serve. 	Dried Peas	<ol style="list-style-type: none"> 1. Rinse split peas, add 2 cups water for 1 cup peas 2. Bring to boil, simmer for 30 minutes, drain and serve
		Dried Lentils	<ol style="list-style-type: none"> 1. Rinse lentils then add 3 cups water for 1 cup lentils 2. Bring to boil, simmer for 20 minutes, drain and serve

Healthy Cooking & Baking Swaps

Beans, lentils, chickpeas and dry peas are chameleons in the kitchen. Try these easy swaps to amp up the nutrition in your favorite dishes:

VEGGIE BOWLS

REPLACE: ½ OR ALL QUINOA



WITH THIS: ✓ COOKED GREEN LENTILS

BENEFITS: ✓ More FIBER ✓ More PROTEIN

TACOS

OR: replace ½ the meat in any recipe

REPLACE: ½ OR ALL SHREDDED PORK



WITH THIS: ✓ COOKED GREEN LENTILS

BENEFITS: ✓ Fewer CALORIES ✓ Less FAT ✓ More FIBER

SANDWICH SPREAD

REPLACE: MAYONNAISE



WITH THIS: ✓ HUMMUS

BENEFITS: ✓ Less FAT ✓ More FIBER ✓ More PROTEIN

LASAGNA

REPLACE: ½ OR ALL RICOTTA CHEESE




WITH THIS: ✓ PUREED WHITE BEANS

BENEFITS: ✓ Fewer CALORIES ✓ Less FAT ✓ More FIBER

BURGERS

REPLACE: ½ OR ALL GROUND BEEF

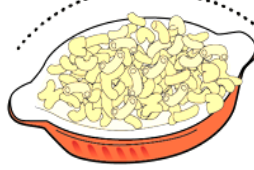


WITH THIS: ✓ MASHED PINTO BEANS

BENEFITS: ✓ Fewer CALORIES ✓ Less FAT ✓ Less SATURATED FAT ✓ More FIBER

MAC N' CHEESE

REPLACE: UP TO ½ CHEESE SAUCE



WITH THIS: ✓ YELLOW SPLIT PEA PUREE

BENEFITS: ✓ Less FAT ✓ More FIBER

BROWNIES

REPLACE: 1 CUP FLOUR



WITH THIS: ✓ 1 15oz. CAN BLACK BEANS, PUREED

BENEFITS: ✓ More FIBER ✓ More PROTEIN

CHOCOLATE CHIP COOKIES

REPLACE: ½ OR ALL OIL



WITH THIS: ✓ RED LENTIL PUREE

BENEFITS: ✓ More FIBER ✓ More PROTEIN

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This information does not replace the advice given to you by your healthcare provider.