

# TIPS FOR EATING MORE PLANT-BASED PROTEINS

Plant-based foods are rich in fiber and essential nutrients that can potentially lower the risk of cancer, heart disease, diabetes, and various chronic conditions. They can also contribute to weight management. The American Institute for Cancer Research's New American Plate guidelines suggest filling the majority of your plate with plant-based foods such as whole grains, vegetables, fruits, and legumes, and the remaining portion with either meat-based or plant-based options.

## **What exactly are plant proteins?**

Examples of whole-food sources of plant proteins include:

- Edamame
- Green peas
- Legumes, such as garbanzo, kidney, black, pinto or cannellini beans
- Lentils
- Nutritional yeast
- Nuts and nut butter
- Quinoa
- Seeds
- Seitan (wheat gluten-based), tofu and tempeh (both soy-based)

In addition, processed plant-based meat alternatives, including "meat" balls, burgers, crumbles, "chicken" tenders and "fish" filets, have come a long way in texture and flavor. But it's not clear if replacing animal protein with processed plant-based meat alternatives provides the same benefit as whole-food, plant-based protein options.

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## **How do I add plant-based proteins to my diet?**

To increase whole-plant proteins, start with what's familiar:

- If meat has traditionally been the star of a soup, stew, salad, casserole or lasagna, increase ingredients like vegetables, nuts or legume beans as you reduce the amount of meat in the recipe.
- Look for plant-based protein recipes with familiar sauces commonly paired with meat proteins. Buffalo, marinara, barbecue, tikka masala, honey mustard and sweet-and-sour sauces all pair well with plant-based proteins.
- Try traditional recipes from Greece, India, Italy, Mexico and Asia, which include many plant-based proteins.

## **To enhance the texture and flavors of plant-based dishes:**

- Add a heartier texture with mushrooms, jackfruit, eggplant, carrots or artichoke hearts.
- Create savory (umami) flavor by adding dried tomatoes; winter squash, such as butternut or acorn; mushrooms; sweet potatoes; olives corn; or toasted nuts.
- Slowly sauté onions in olive oil to develop a brown color and caramelized flavor.
- Increase the amount and variety of herbs, spices and garlic in a dish.

Give the Southwest Veggie and Bean Bowl recipe created by Mayo Clinic Staff on the back!

# TIPS FOR EATING MORE PLANT-BASED PROTEINS

## Southwest Veggie and Bean Bowl

By Mayo Clinic staff

Serves 6

2 teaspoons canola oil	1 tablespoon ground cumin
1 cup chopped red onion	1 tablespoon fresh ground pepper
2 cups chopped green bell pepper	1 tablespoon red wine vinegar
1 chili pepper of your choice, minced	2 cups no-salt-added vegetable stock
2 cloves garlic, minced	2 cups water
1 cup diced sweet potato	4 cups chopped kale
1 cup chopped tomato	1 cup cooked black beans
1 cup brown rice	2 tablespoons minced fresh cilantro
1/2 cup green lentils	4 lime wedges
1/2 cup red lentils	

In a large sauté pan, heat canola oil over medium-high heat. Add onion, peppers, garlic, sweet potato and tomato. Cook for 10-15 minutes until the onions begin to look translucent. Add rice, lentils, spices, vinegar, stock and water. Bring to a boil and reduce to a simmer. Cover and cook for 45 minutes.

To serve, toss with kale, black beans and cilantro. Garnish with lime wedges.

Nutrition per serving (about two cups): 376 calories, 4 grams total fat, 1 gram saturated fat, 67 milligrams sodium, 68 grams total carbohydrates, 15 grams fiber, 18 grams protein

Mayo Clinic Health System. (2023, July 5). Tips for eating more plant proteins. Mayo Clinic Health System. <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/tips-for-eating-more-plant-proteins>

# KALE: DISCOVER THE 'SECRET POWERS' OF THIS SUPERFOOD

Despite its recent surge in popularity, kale is not a new vegetable. In fact, Thomas Jefferson grew various varieties of kale at his Monticello estate in the early 1800s. It has long been enjoyed in northern Europe and is now widely popular in the U.S. Before its rise as a popular salad green, kale was often used as a decorative garnish in restaurants.

In the last decade, the popularity of kale has soared, and it is often hailed as a superfood. Here's more about its impressive attributes.

## **Types of kale include:**

- Curly kale is one of the most common types with its pungent, peppery flavor. The bright-green leaves look like ruffles.
- Dinosaur kale is also common. Its narrow, green leaves are wrinkly like dinosaur skin, which are attached to a firm stem that should be removed.
- Redbor kale has ruffled leaves ranging in color from a deep red to purple.
- Russian kale is harder to find. It has flat, fringed leaves ranging in color from green to red to purple. Its flavor is more sweet and peppery.
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## **Buying and Storage of Kale**

- The leaves and stalks should be dark green with small- to medium-sized leaves free of any yellowing or browning. Kale leaves should be firm and dry, not wilted and mushy.
- To store kale, wrap it loosely and store in the fridge for up to five days. If kept longer, the leaves tend to toughen.

# KALE: DISCOVER THE 'SECRET POWERS' OF THIS SUPERFOOD

Kale stands out as a nutrition powerhouse, rich in vitamins A, B6, C, K, folate, fiber, carotenoids, and manganese. With just 20 calories per cup of raw kale, it's a nutrient-dense choice.

According to the Department of Agriculture's MyPlate guidelines, individuals over 9 years old should consume 1.5–2 cups of dark-green vegetables weekly.

Belonging to the cruciferous vegetable family alongside **cauliflower, Brussels sprouts, cabbage, broccoli, collard greens, kohlrabi, rutabaga, turnips, and bok choy**, kale offers various health benefits. These benefits include boosting the immune system, regulating blood pressure, and potentially lowering the risk of certain cancers.

Individuals prone to oxalate-containing kidney stones or taking blood thinners like Coumadin or warfarin should consider limiting or avoiding kale intake. Consult your healthcare provider or a dietitian for personalized advice.

## **Tips for adding kale to meals:**

- Kale can be cooked in various ways: steamed, stir-fried, roasted, or raw.
- It can be blended into smoothies, made into chips, added to soup, mashed with potatoes, or turned into pesto.
- Remove the tough middle rib before cooking.
- Incorporate kale into smoothies, use it as a wrap or bread substitute, or make kale chips for a crunchy snack.
- Include kale in dishes like bean soup for a nutritious meal.

# KALE: DISCOVER THE 'SECRET POWERS' OF THIS SUPERFOOD

## Cream of Wild Rice Soup

Serves 4

- 1/2 tablespoon canola oil
- 1 1/2 cups diced yellow onion
- 1 cup diced carrot
- 1 cup diced celery
- 2 cloves garlic, minced
- 1 1/2 cups chopped kale
- 1 tablespoon minced parsley
- 2 cups low-sodium vegetable stock
- 1 teaspoon fennel seeds, crushed
- 1 teaspoon ground black pepper
- 1 cup unsalted prepared white beans (or about half of a 15.5 ounce can of white beans, rinsed and drained)
- 2 cups 1% milk
- 1/2 cup wild rice, cooked

In a soup pot over medium heat, add canola oil, and saute onion, carrot, celery and garlic until lightly brown. Stir in kale, parsley, stock and spices. Bring to a boil. In a blender, puree beans with milk. Add bean mixture to soup, bring to simmer and add rice. Cook for 30 minutes. Serve in warmed bowls.

Nutrition for 1 serving (2 cups): 236 calories, 4 grams total fat, 1 gram saturated fat, 0 grams trans fat, 2 grams monounsaturated fat, 6 milligrams cholesterol, 180 milligrams sodium, 38 grams total carbohydrates, 7 grams fiber, 12 grams total sugars, 0 grams added sugars, 12 grams protein.

Caitlin Terpstra, R. (2023b, March 17). Kale: Discover superfood secrets. Mayo Clinic Health System. <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-many-types-and-health-benefits-of-kale>

# CAULIFLOWER: A VERSATILE NUTRITION SUPERSTAR

Cauliflower is a versatile and nutritious vegetable that can be a gluten-free or low-carb alternative.

It belongs to the cruciferous vegetable family along with **brussels sprouts, cabbage, broccoli, collard greens, kale, kohlrabi, rutabaga, turnips, and bok choy**, offering health benefits like cancer risk reduction. Cauliflower is rich in vitamins C and K, folate, low in calories, and high in fiber. A one-cup serving contains only 25 calories, 5 grams of carbohydrates and 2 grams of dietary fiber.

## **Buying and Storing Cauliflower**

When choosing cauliflower, opt for tight heads with no brown spots. Store cauliflower properly to maintain freshness. Buy a head of cauliflower and separate it into its sections or florets. Or for convenience, purchase a tub of washed, precut florets. Cauliflower wrapped in a cellophane bag can trap moisture and speed up spoiling. Unwrap and transfer cauliflower to a loosely sealed bag with a paper towel to help absorb moisture. Whole heads of cauliflower can be stored in the fridge for four to seven days. Experiment with colored cauliflower for variety.

Try new recipes like cauliflower pizza crust or involve kids in cooking with this nutritious veggie.

Check out the Parmesan Roasted Cauliflower recipe on the back to try this month!

# CAULIFLOWER: A VERSATILE NUTRITION SUPERSTAR

## **Parmesan Roasted Cauliflower**

Serves 6

1/2 cup panko breadcrumbs  
1/4 cup finely grated Parmesan cheese  
2 tablespoons olive oil  
1 teaspoon fresh lemon zest  
1 teaspoon finely chopped fresh basil  
1/4 teaspoon paprika  
1/4 teaspoon kosher salt  
3 cups small cauliflower florets

- Fill a medium pot with water and bring to a boil. Heat oven to 375 F. Lightly coat an 8-by-8-inch baking dish with cooking spray.
- In a small bowl, combine the breadcrumbs, cheese, oil, lemon zest, basil, paprika and salt until well mixed.
- Place the cauliflower in boiling water for three minutes; drain. Place in the baking dish and sprinkle the breadcrumb mixture evenly over the top. Bake for about 15 minutes or until crust is lightly brown.
- Nutritional information for 1/2-cup serving: 84 Calories, 6 grams total fat, 1 gram saturated fat, 0 grams trans fat, 4 grams monounsaturated fat, 3 milligrams cholesterol, 163 milligrams sodium, 6 grams total carbohydrate, 1 gram dietary fiber, 1 gram total sugars, 3 grams protein

Caitlin Terpstra, R. (2023, February 17). Cauliflower: A versatile veggie. Mayo Clinic Health System. <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/cauliflower-the-new-nutrition-superstar>



# HABIT OPTIMIZER

	ADD 5 HABITS	1	2	3	4	5	6	7	TOTALS
1									
2									
3									
4									
5									

	BREAK 5 HABITS	1	2	3	4	5	6	7	TOTALS
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	5 BONUS HABITS	1	2	3	4	5	6	7	TOTALS
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TOTALS									
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