

Eating Meatless Meals

More and more people are becoming interested in plant based eating.

This includes vegetables, fruit, grains and plant proteins such as beans, lentils, tofu, nuts and seeds. Plant based eating could mean a total vegetarian diet for some people or one meat-free meal per week for others.

Eating plant based meals may help prevent heart disease and cancer, as these plant foods are usually lower in saturated fat, and higher in fibre and antioxidants.

Challenge yourself to go meatless at least once a week. Have fun trying different meatless meals. You may be surprised to find new family favourites!



- Add canned beans to your favorite salad.
- Make wraps or pitas with mashed lentils, sautéed peppers, salsa and cheese.
- Try different nut butters on sandwiches.
- Use beans in spaghetti sauce instead of meatballs.
- Add white beans or kidney beans to canned soups.
- Use hummus as a sandwich spread.
- Make a Mexican pizza with salsa, black beans and cheese.
- Enjoy baked beans.
- Snack on a handful of nuts and seeds.
- Steam edamame beans, flavor with your favorite herb blend and eat as a snack.
- Make a fruit smoothie and add silken tofu.

Food of the Month

Lentils



Lentils are a great way to start eating legumes. There are many reasons to enjoy lentils.

- They have a mild flavor.
- They are small and easy to hide.
- They are the fastest to cook and don't need to be soaked before cooking.

Add red lentils to foods such as pasta sauce and chili.

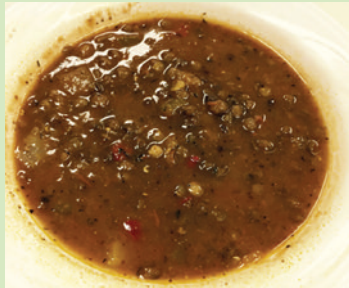
Include green lentils in a soup or salad. They won't go mushy and will keep their shape.

In Your Sobeys Store

Don't have time to cook your own legumes? Use canned legumes.

Check our Natural Source and grocery departments for no-salt added legumes. You can also drain canned legumes and rinse with water to remove some of the sodium.

Curry Lentil Soup



Serves 6

Ingredients:

| | | |
|----------|--------|--|
| 1 tbsp | 15 ml | Canola oil |
| 1½ cups | 375 ml | Spaghetti mix, frozen (mix of carrots, peppers, celery and onions) |
| 2 cloves | | Garlic, minced |
| ½ tbsp | 7 ml | Italian seasoning |
| ½ tsp | 2 ml | Cumin |
| ½ tsp | 2 ml | Curry powder |
| 1 | | Bay leaf |
| ¼ tsp | 1 ml | Pepper |
| 1½ cups | 375 ml | Crushed tomatoes |
| 1 cup | 250 ml | Brown lentils, dried |
| 3 cups | 750 ml | Chicken broth, sodium reduced |
| 1 cup | 250 ml | Water |

Directions:

1. Heat oil in large pot. Add vegetables from spaghetti mix and cook until softened.
2. Add rest of ingredients and bring to a boil. Simmer until lentils are tender and soft. Remove bay leaf.

Nutrition Information per Serving:

| | |
|--------------|----------------|
| Calories | 183 |
| Fat | 3 grams |
| Carbohydrate | 28 grams |
| Fibre | 6 grams |
| Protein | 10 grams |
| Sodium | 365 milligrams |

Did you know?

One serving or ¾ cup of kidney beans gives you about 25% of the fibre an adult needs each day.

Chef's Corner

Tofu and textured vegetable protein (TVP) are soy products that have a very mild taste. They will take on the flavor of whatever they are cooked with.



- Cut firm tofu into cubes. Add to stir-fries, soups, spaghetti sauce or lasagna.
- Marinate extra firm tofu and grill on the barbecue.
- Purée soft tofu into dips, puddings or smoothies.
- Rehydrate TVP in a low sodium broth or tomato sauce. Use to replace ground meat in recipes like pasta sauce, chili and shepherd's pie.

Pharmacy Corner

Are you thinking about traveling this winter? Here's a checklist for packing your medications:

- Make sure you have enough to last your entire trip.
- Leave them in the original container.
- Put medications in your carry-on bag.
- Don't store in extreme heat for a long time (i.e. car glove compartment).
- Bring a cooler or insulated bag for medications that need to be kept cold.
- Record medication names, strengths and your pharmacy's contact information. Keep this list separate from your medications in case they are misplaced during your travels.

Your Sobeys pharmacist has many travel tips and is available to discuss your health concerns.



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