

## Plant Protein on Your Plate

Eating more plant protein can help keep your heart healthy, control blood sugars and manage weight. Plant proteins include beans, split peas, chickpeas, lentils, soy foods, nuts and seeds. These foods are lower in saturated fat and higher in fibre than animal protein. They are also easy on your wallet!



Adding plant protein to meals doesn't have to be an all-or-nothing approach. Start by replacing some of the meat in your meals with a plant protein. Try these simple food solutions:

- Replace half of the ground meat in a pasta sauce with red lentils.
- Add white kidney beans to a chicken stir-fry or pasta.

### Convenience in the Kitchen

- Stock your cupboard with a variety of dried and canned beans and lentils.
- Canned beans and lentils are ready to use. Simply drain, rinse and add to your meals.
- Dried lentils cook faster than dried beans. There is no need to soak lentils before cooking.
- Keep a variety of nuts and seeds on hand to snack on or add to recipes.
- Spreads like peanut, almond and soy butter are a quick protein to use in sandwiches or as a dip with fruit.

### Got Gas?

Gradually add more beans and lentils to meals. Eat a little more, a little more often. The more you eat beans and lentils, the less gas is produced. Try lentils instead of beans to reduce gas.

## Food of the Month

### Soy Foods



Soy foods include soybeans, edamame, soy beverage, tofu, textured vegetable protein (TVP) and soy butter. Soy may help lower your cholesterol.

Tofu and TVP both have a very mild taste. They will take on the flavour of other ingredients in the recipe.

Try these ideas to include more soy foods in your diet:

- Cut firm tofu into cubes. Add to stir-fries or soups.
- Purée silken tofu into dips, puddings or smoothies.
- Rehydrate TVP in a lower sodium broth. Use to replace some or all of the ground meat in recipes like pasta sauce and chili.
- Enjoy fortified soy beverage on cereal or in smoothies.
- Steam frozen edamame beans in the shell, flavour with your favourite dried herb or spice.

## Lentil Burgers

Serves 6

### Ingredients:

1 tbsp	15 ml	Olive oil
½ cup	125 ml	Onions, diced
2 cups	500 ml	Mushrooms, fresh, diced
3 cloves		Garlic, minced
1 cup	250 ml	Lentils, canned, rinsed and drained
½ cup	125 ml	Bread crumbs
¼ cup	60 ml	Peanut butter, smooth
1 tbsp	15 ml	Soy sauce, sodium reduced
1½ tsp	7 ml	Thyme, dried
2 tbsp	30 ml	Chia seeds
1½ tsp	7 ml	Cumin
1 cup	250 ml	Sweet potato, grated

### Directions:

1. Preheat oven to 400°F and line a baking sheet with parchment paper.
2. Add oil to a frying pan and sauté onions and mushrooms until browned and moisture has evaporated.
3. Add garlic and cook one minute more.
4. Transfer to a food processor and add lentils, bread crumbs, peanut butter, soy sauce, thyme, chia seeds and cumin. Blend until the mixture is smooth.
5. Put mixture in a medium sized bowl and stir in sweet potato until combined.
6. Let the mixture rest for 10 minutes. Form into 6 burgers and place on baking sheet. Bake in oven for 25 minutes.

### Nutrition Information per Serving (1 patty):

Calories	210
Fat	10 grams
Carbohydrate	24 grams
Fibre	5 gram
Protein	9 grams
Sodium	240 milligrams

## Did you know?

Storing nuts and seeds in the freezer keeps them fresh and crunchy longer than storing at room temperature.

## In Your Kitchen

### Plant-Powered Meals & Snacks

- Top your oatmeal with walnuts or pecans.
- Use hummus as a sandwich spread. There are many different flavours to explore.
- Make a wrap with mashed lentils, peppers, salsa and cheese.
- Top a noodle dish with chopped peanuts or cashews.
- Make minestrone soup with red and white kidney beans.
- Try Mexican pizza with salsa, black beans, peppers and cheese.
- Snack on a handful of nuts, seeds or trail mix.
- Add black beans to salsa for a more filling dip.
- Top salad with roasted chickpeas or soybeans for crunch.



## Pharmacy Corner

Many non-prescription and natural products provide over-the-counter relief of a great variety of symptoms, but they are still 'drugs'. They may interact with other medications or pose an allergy risk. Always ask your pharmacist which product is right for you.

Our Pharmacists and Dietitians are your partners in better health!



### Hungry for more?

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