

# NUTRITION BITS AND BITES

## Meatless May



### Why Go Meatless?

It can be challenging to serve healthy meals when you are trying to save money.

Meatless meals containing plant-based protein can be a healthy affordable option that the whole family will enjoy.

Including pulses (beans, peas and lentils) a few times a week is linked to gut and heart health, and lower risk of chronic disease.

Consider serving a budget-friendly meatless meal once or twice a week.

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<https://www.surveymonkey.com/r/FKDC2XX>

### Try meatless meals in the month of May

Eating a meatless meal does not mean you are getting less protein in your diet.

When going meatless, choose protein foods that come from plant sources more often.

Plant-based protein foods are not only a great source of protein but also contain important nutrients such as fiber, folate, iron, magnesium and potassium.

Plant-based protein foods include:

- nuts; such as peanuts, almonds, cashews, walnuts
- seeds; such as pumpkin and sunflower
- beans; such as black, brown, and kidney
- peas; such as chickpeas and split peas
- lentils; such as brown, green, red or other types
- soy; such as fortified soy beverages, tofu, soybeans and edamame.

Start by planning meals that feature your favorite entrées that are usually meatless, such as spaghetti, soup or salad.

Try substituting beans, lentils or tofu in casseroles, tacos or a stir-fry.

## Baked Potato Medley

### Ingredients

- 1 potato, scrubbed
- 1 tbsp plain yogurt (1% M.F.)
- 1/4 cup no salt added canned beans, drained and rinsed
- 2 tbsp chopped cooked carrots or corn
- 2 tbsp shredded cheddar cheese



Enjoy this stuffed baked potato for lunch and have fun making it ahead as well. Parents can help to cook the potato and cut it open for the kids to add their additions. This can easily be made the night before and warmed up the next day.

### Instructions

1. Bake potato in microwave for about 4 minutes and 30 seconds or until tender (time will vary).
2. Cut potato in half and scoop out inside leaving about  $\frac{1}{2}$ -inch (2.5 cm) border around inside. Mash the scooped out potato with yogurt. Stir in beans, carrots and cheese until well combined.
3. Put filling back into potato halves before eating.

Dietitians of Canada. Cookspiration Recipe.

Cooking with kids at any age can be fun and easy. If your kids get cooking now, chances are they will keep up this good habit as they grow older. In this recipe, kids can help to:

- Measure the ingredients
- Scrub the potatoes
- Add the ingredients on top of the potatoes

\*\* Refer to the Allergy Newsletter (September issue) for substitution ideas.

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

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