

IN THIS ISSUE

Lentil Spaghetti Sauce	2
What Can You Do With...?	3
Grilled Asparagus and Mushroom Tacos	3
Adding More Plants to your Diet	4
Upcoming Events	4

Lentils

What exactly is a lentil? Lentils sold in grocery stores are the seeds of the lentil plant. They are small, round seeds that grow in a pod, like peas. When a plant has a seed that grows in a pod, the seeds are called legumes. Other examples of legumes are chickpeas and black beans. Lentils are high in fiber and protein and low in fat, making them an excellent plant-based protein substitute for meat.



Nutrient Highlight: Plant Based Protein

Protein is an important macronutrient we need to eat for good health. Proteins are larger chains of smaller links called amino acids. There are 20 amino acids and each of them has a unique structure. In different combinations they make up different kinds of proteins. Some amino acids are made inside our bodies, and some have to be taken in through our diet. Amino acids that have to be taken in through our food are called *essential*. Eating a variety of foods is a good way to ensure you are getting all of the amino acids your body needs to be healthy.

There are many different foods you can get protein from. Animal based proteins, like beef and chicken, are good sources of *complete* proteins. That means all of the essential amino acids our body needs are found in animal proteins. Some animal based protein sources, however, are also high in salt and saturated fat. For these reasons, it's important to also get protein from other sources, such as plants. Plant-based proteins are a great way to get more vitamins, minerals and fiber into your diet while also meeting your protein needs.

Plant-based proteins are valuable sources of various vitamins and minerals, as well as other compounds that help support good health. Different plants are good sources of different kinds of vitamins and minerals, so it's important to eat a variety of them and eat as many as you can. Different plants will also have different groups of amino acids in them. Combining certain plants during a meal can help you get all of the essential amino acids, making up a complete protein.

FOOD SAFETY TIP

When using cutting boards, be careful to use different boards for cutting meat and fresh vegetables or fruit.



Try using a plastic cutting board for raw meats and fish and a wooden cutting board for fruits vegetables.

Recipe Facts

Amount Per Serving (1 cup each)

Calories 229

Calories from Fat 36

	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 34mg	11%
Sodium 412mg	17%
Potassium 713mg	20%
Total Carbohydrates 29g	10%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 20g	40%
Vitamin A	3%
Vitamin C	5%
Vitamin D	0%
Calcium	5%
Iron	21%

* Percent Daily Values are based on a 2000 calorie diet.

POWERED BY  EDAMAM

Lentil Spaghetti Sauce

Try this Bolognese recipe with lentils to add some extra plain based protein and fiber to your dinner!

Ingredients:

- 1 pound 90% lean ground beef
- 1 cup chopped onion
- 1 clove crushed garlic
- 1 ½ cups cooked and drained lentils
- 28 ounces low sodium spaghetti sauce



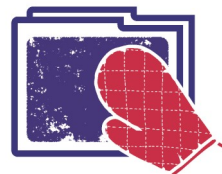
Directions:

1. In a large saucepan, brown meat over medium high heat.
2. Drain fat.
3. Add onion and garlic to drained meat.
4. Cook until onions are soft but not brown, about 5 minutes.
5. Add cooked lentils and spaghetti sauce and bring to a boil.
6. Lower heat and cook gently for 15 minutes.
7. Serve sauce over hot cooked spaghetti noodles.

Yield: 9 servings

*Recipe adopted from What's Cooking?
USDA Mixing Bowl*

**LOOKING FOR RECIPE INSPIRATION?
Check out Click 'N Cook®,
our online recipe database
at GBFB.org/clickncook**



CLICK 'N COOK®

What Can You Do With ... Asparagus?

What can you do with... Asparagus?

Asparagus is a late summer vegetable currently in season.

Shopping: Asparagus is sold in fresh bunches as well as frozen or canned.

Storing: Fresh asparagus should be stored in the refrigerator. You can trim the ends and store them upright in a glass with a little water at the bottom to extend their life.

Prepping and Cooking: As with all fresh produce, wash asparagus thoroughly before cooking. Trim the bottom white ends and leave the pointed tops. If you are roasting or grilling your asparagus you can leave it whole and put it directly on the grill or on a baking sheet in the oven with a little oil and seasoning. If you are using it as part of a larger dish such as a frittata, cut it into smaller bite sized pieces so it's easier to eat.

Uses: Asparagus is a very versatile food and can be used in a variety of dishes. It can be cooked with eggs, steamed and put into a salad, or cooked in the oven or grill and used as a side for a heartier main dish.

Nutrition: Asparagus is high in fiber, and a good source of vitamins A and K. Asparagus is low in saturated fat and sodium.



Grilled Asparagus and Mushroom Tacos

Ingredients

3 Tablespoons canola oil
 4 cloves of minced garlic
 1 teaspoon ground chipotle chile or chili powder
 ½ teaspoon salt
 8 ounces rinsed mushrooms
 1 bunch trimmed green onions
 8 corn tortillas
 1 medium sliced avocado
 1 medium lime cut into wedges
 8 sprigs washed fresh cilantro
 Hot sauce for serving

Directions:

1. Heat grill on medium. In a large baking dish, combine oil, garlic, chipotle, and salt. Add asparagus, mushrooms and green onions; toss to coat.
2. Grill asparagus until tender and lightly charred, turning occasionally; 5 to 6 minutes.
3. Grill mushrooms and green onions until lightly charred, turning occasionally; 4 to 5 minutes. Transfer vegetables to cutting board.
4. Cut asparagus and green onions into 2" lengths and slice mushrooms. Serve with corn tortillas, avocado, lime wedges, cilantro and hot sauce.

Tips: Adding more plants to your diet

Health care professionals recommend getting at least 5 servings of fruits and vegetables into your meals throughout the day, but this can be really challenging for a lot of people. Here are some tips on how to eat more vegetables:



- Meatless Monday: Every Monday plan to eat a plant based meal for breakfast, lunch and dinner. Aim for at least one serving of fruit or vegetables at breakfast, two servings at lunch, and three at dinner.
- Try new vegetables and use the Click'N'Cook site for easy to follow recipes for new foods.
- Have a salad for lunch a few days a week. Building a salad with a few different vegetables is a great way to add more plant variety and volume to your diet.



70 South Bay Avenue
Boston, MA 02118
Phone: 617-427-5200
E-mail: nutrition@gbfb.org
www.gbfb.org

**Everyone has a role in ending hunger
in our community. SM**

JOIN US ON



October 2019

National Pumpkin Month

National Noodle Day

October 6

National Gumbo Day

October 12

National Chocolate Day

October 28

Halloween

October 31