

The Dietitian's Desk

Plant Protein Power



Common Sources:

- Nuts & Seeds
- Soy Products: Tempeh and Tofu
- Non-dairy milk and milk products
- Beans & Legumes
- Grains: Spelt, Teff, and Amaranth being the highest sources



Recipe of the Month



Ingredients: (2-3 servings)

- 1 can chickpeas
- 1 head of broccoli
- 1 sweet potato
- 1 bunch kale
- 1.5 cups brown rice

Sauce:

- 1/4 tahini
- Juice from 1/2 lemon
- 1 bunch of cilantro
- 1 tsp turmeric
- Salt and pepper to taste

Directions:

1. In a 350 degree oven roast chickpeas, broccoli and sweet potato. Sprinkle with olive oil, salt and pepper
2. Cook brown rice in 3 cups of water. Once brought to a boil, reduce to a simmer and cover until cooked through and fluffy,
3. Massage kale with olive oil and a squeeze of lemon juice.
4. Combine sauce ingredients in a food processor until smooth.
5. Assemble bowl with the fix-ins you like best and drizzle with your Tahini Sauce

Ideas For Implementation in Schools

Most sources include fiber as an added bonus!

- Utilize other lines such as Fast Take, Deli, and Salad Bar for a variety of choices and advertise accordingly
- Explore recipes within PrimoEdge that use the protein sources suggested above
- Explore global cuisines that often incorporate plant-based sources such as Indian and Ethiopian
- Encourage taste tests with students for meat substitutes
- Provide disclaimers on menus, along with other marketing tools to encourage students and families to try plant-based meal options

Seen In School Lunch

Keeping up with food trends can be tricky. One of the largest trends emerging is the concept of vegetarian and vegan meals. Students have become more active in requesting meat-free school meals across the nation. Many brands have acted quick to provide options for this market, especially plant-based protein products. These products tend to be costly and contain soy, a common allergen. Obtaining CN labels and providing proper allergen disclaimers is crucial as we continue to navigate balancing food trends with nutritional guidelines. As indicated above, an added advantage is the fiber content in plant-based proteins. Fiber helps aid in digestion, which can assist with regulating blood sugars.