

12 Healthy Habits

Habit 6: Go Meatless

A YEAR OF BUILDING A HEALTHY LIFESTYLE

BENEFITS:

- Encourages you to use a wider variety of healthy foods
- Can help reduce the risk of heart disease by decreasing the consumption of saturated fat and cholesterol

GOAL:

- Go meatless one day a week—all three meals

Reduce the Meat and Increase the Variety

You don't have to be a vegetarian to enjoy meat free dishes one day a week. Whether its meatless Monday or Tuesday, Wednesday or Friday, one day a week without chicken, beef or pork can help you broaden your culinary horizons and lead you to experimenting with foods you might pass over.

More and more people are recognizing that meatless meals can be delicious and that other populations that eat more (or only) vegetables tend to be healthier. While meats provide valuable protein and vitamins and minerals in the diet, they come with saturated fats and cholesterol as well. So turning to plant sources for some of our protein needs can help reduce the amount of saturated fat and cholesterol we consume.

Don't get the wrong idea as you start to incorporate meatless meals—we're not talking about salads and celery sticks all day. There are all types of hearty dishes that aren't based on a meat.

Grains, beans, pasta and vegetables can be used to create fill-you-up meals. These plant-based ingredients can also be supplemented with dairy products and eggs which will increase the protein content.

Try a pizza or calzone loaded with mushrooms, onions, peppers, tomatoes and olives instead of sausage and pepperoni.

Fill up with cooked beans—you can wrap them in a flour tortilla with cheese for a burrito or make some cornbread for a more traditional pairing.

Pasta is another great vegetarian option with tomato sauce, mushroom sauce or pesto and a sprinkle of Parmesan cheese.

Portobello mushrooms have a hearty, meat like texture and can be stuffed, grilled for a sandwich or sliced and put into a sauce.

Expand your repertoire of grains like polenta, quinoa, rice, bulgur or couscous. These can be topped with sauces or stir fried vegetables or can be used in casseroles.

So take a look at your weekly meals and make one day meatless.



Calzones

1 cup warm water
 1 package yeast
 Pinch sugar
 3 cups all purpose flour, divided
 2 tablespoons oil
 1 teaspoon salt
 2 tablespoons butter
 8 ounces mushrooms, sliced

1 onion, sliced
 1 green bell pepper, sliced
 8 ounces shredded mozzarella cheese
 4 ounces shredded Monterey Jack cheese
 4 ounces sliced provolone cheese
 1 egg, beaten with 1 teaspoon water
 1/4 cup grated parmesan cheese
 Pizza sauce

Combine water, yeast and sugar in large bowl. Let stand for 5 minutes, until foamy. Stir in 1 1/2 cups flour. Add oil and salt and then stir in remaining 1 1/2 cups flour. When you have a smooth ball, coat with cooking spray and cover with a towel. Let rise until double, about 1 - 1 1/2 hours. In the meantime, melt butter in a large skillet. Add the mushrooms, onions and green peppers. Sauté over medium heat until onions are translucent and vegetables are softened. Set aside to cool. Divide dough into four pieces. Roll each piece into a 10-12 inch circle, the dough will be about 1/8" thick. Layer one side of each piece with cheeses and vegetables. Fold in half over the filling and fold and pinch the edges to seal closed. Place on a pizza stone or a greased sheet pan. Brush the tops with egg and sprinkle with parmesan cheese. Bake at 400 degrees for about 20 minutes or until golden and puffed. Remove from oven and let rest a few minutes before serving. Serve with warmed pizza sauce for dipping.

Meatless Protein

Proteins are part of every cell, tissue, and organ in our bodies. The protein in the foods we eat is digested into amino acids that are later used to replace these proteins in our bodies. According to the RDAs, women need approximately 46 grams of protein each day and men need 56. Take a look at these sources:

Eggs	1	6 grams
Milk	1 cup	8 grams
Cottage Cheese	1/2 cup	13 grams
Cooked Quinoa	1 cup	8 grams
Pumpkin Seeds	1 ounce	7 grams
Cooked Pinto Beans	1 cup	15 grams
Greek Yogurt	6 ounces	15 grams
Peanut Butter	2 Tbsp	8 grams
Almonds	1 ounce	6 grams

Tips for Meatless Meals

1. Start with some dishes that are traditionally meatless (like Eggplant Parmesan) or easily made meatless (like pizza, stir-fry or pasta).
2. Try family favorites without the meat. For example make Stroganoff with just meaty textured mushrooms instead of beef or make enchiladas with white or black beans. Try a spinach or butternut squash lasagna.
3. Use peanuts in your stir-fry instead of chicken or beef.
4. When having a vegetable plate for dinner or lunch, make one dish a cooked legume, like pinto beans, to help fill you up.
5. Embrace the egg. Load up quiches and frittatas with fresh produce.
6. Try hearty soups that contain beans and vegetables with grains or pasta.
7. Risotto, a hearty, creamy rice dish, can be fortified with vegetables like kale or mushrooms.

Eat
Breakfast

Get
Cooking

Eat
More Fish

Get
Moving

Good
Fats

Go
Meatless

Veggie
Up

Get
Stronger

Sugar
Down

Make
Grains
Whole

Portion
Power

Be
Mindful