

Enjoy Meals with Plant-based Proteins



Use plant-based proteins to make tasty meals.

Plant-based proteins include:

- Brown, red, or green lentils
- Peas like chickpeas or split peas
- Beans like black beans or kidney beans
- Tofu
- Nut or seed butter

Try these ideas:

- Replace some of the meat in curries, chili, casseroles, stews, and soups with beans, lentils, or tofu.
- Use lentils or black beans in tacos or quesadillas.
- Add tofu to a vegetable stir-fry.
- Puree cooked black beans or chickpeas and add herbs and spices for an easy dip or sandwich spread.
- Use nut or seed or soybean butters. Add them to dips, smoothies, or spread thinly on breads or crackers.



For more information:

Visit [AHS.ca/HealthyEatingStartsHere](https://www.alberta.ca/HealthyEatingStartsHere), and for plant-based protein recipes visit [AHS.ca/Recipes](https://www.alberta.ca/Recipes)

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