



## Enjoy meatless meals!



Use beans, lentils, tofu, eggs, nut or seed butter in place of meat to make healthy, tasty meals. Meatless meals are great choices for all children, not just those who avoid meat for religious, cultural or other reasons.

### It's easy for children to enjoy meatless meals!

- Replace the meat in chili, casseroles, stews and soups with beans, lentils or tofu.
- Use lentils or black beans in tacos or quesadillas.
- Top salads with beans or hard cooked egg.
- 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 recipes using Meat Alternatives, visit [Inspiring Healthy Eating](#) on the [Healthy Eating Starts Here](#) website.