PLANT PROTEIN

Plus more on the benefits of herbs & spices

What is Plant Protein?

Plant-based proteins come from foods like beans, lentils, chickpeas, tofu, nuts, seeds, and whole grains.

Why it matters:

- Diets high in plant protein are linked to lower cholesterol, better heart health, and less risk of type 2 diabetes.
- Packed with extra benefits. Unlike meat, plant proteins provide fiber, antioxidants, and key nutrients like magnesium and folate.
- Growing beans and legumes uses fewer resources and is gentler on the planet - making it a more sustainable choice.

Power of Herbs & Spices

Using herbs and spices instead of salt brightens a dish and can boost the nutrition, adding extra vitamins, minerals, and antioxidants.

Garden Tacos

- 8 corn tortillas (warm)
- 1 zucchini
- 1 yellow squash
- 1 red or yellow bell pepper
- 1 onion
- 1 cup diced tomatoes
- 1 cup fresh corn kernels
- 1 can (15 oz) black beans
- 1-2 Tbsp olive oil
- 1 tsp cumin
- 1 tsp smoked paprika
- ½ tsp chili powder
- Salt and pepper to taste
- Your choice of sauce, cream, or salsa

Instructions:

1. Prep veggies - preheat oven to 400°F. Toss zucchini, squash, bell pepper, onion, cherry tomatoes, and corn with olive oil, cumin, smoked paprika, chili powder, salt and pepper
2. Roast on baking sheet 20-25 minutes, stirring halfway through, until tender and slightly caramelized
3. Heat beans in saucepan with a splash of water and a pinch of cumin
4. Assemble tacos - Enjoy!