PROTEIN

Protein is a nutrient your body needs to build and maintain muscles, skin, organs, and other tissues. It also supports healing, immune function, and helps meals feel satisfying.
Protein is found in animal and plant foods. Examples include meat, fish, eggs, dairy, beans, lentils, tofu, nuts, and seeds.
Most people benefit from including a source of protein at each meal.

Build a Satisfying Meal

Start with a protein food, then add:
Produce: Fill about half your plate with vegetables or fruit.
High-fiber carbohydrates: Choose foods such as whole grains, beans, corn, potatoes, or fruit.
Healthy fats: Add avocado, nuts, seeds, olive oil, or another source of healthy fat.
Try combining two protein sources when needed, such as beans with whole grains or yogurt with nuts and seeds.

Tuna Boats

Ingredients

1 medium cucumber
1 small can tuna, drained
1½ Tablespoons mayonnaise
1 teaspoon Dijon mustard
1-2 teaspoons finely chopped fresh dill
1 teaspoon lemon juice or a small splash of vinegar
1 Tablespoon finely chopped green onion or red onion, optional
Black pepper, to taste
Small pinch of salt, only if needed

Directions

Cut the cucumber in half lengthwise. Scoop out the watery center and seeds with a small spoon, leaving enough cucumber around the edges to hold the filling.
Pat the cucumber dry with a paper towel.
Mix the tuna, mayonnaise, Dijon mustard, dill, lemon juice, onion, and black pepper. Taste and adjust. Add more mayonnaise if it seems dry, more mustard or lemon for tang, or more dill for freshness.
Spoon the tuna mixture into the cucumber halves.
Eat them as two longer boats or cut each half into 2-3 smaller pieces.

Lentil Tabouli

Ingredients

1 ½ cups lentils
4 cups water
4 medium tomatoes (2 cups diced)
1 large bunch italian parsley
⅓ cup finely diced red onion or shallot
¼ cup finely chopped fresh mint
1 tsp salt
1 tsp cinnamon
2 tsp allspice
3 Tablespoons olive oil
¼ c lemon juice and zest of one lemon
Pepper to taste

Directions

In medium pot bring lentils and water to boil. Turn down heat, cover and let simmer on med-low to low heat for 20-25 min, or until just tender. Strain and rinse with cold water until lentils are nice and cold.
Finely dice tomatoes, onion, parsley and mint, and place in a medium sized bowl.
Toss in rinsed cold lentils and mix in olive oil, lemon juice, ½ of the zest, salt, pepper, cinnamon and allspice.
Mix. Adjust salt and lemon if necessary. Let flavors meld for 10 minutes for better taste.