

# Nutrition News January 2020

## Plant-Based Protein Basics



Arbor is now featuring Dr. Praeger's plant-based and vegetarian entrées on Middle and High School menus!

Plant-based protein can be a healthy part of your diet, and is trending today whether you are deciding to go vegan or cutting back on beef to lighten your environmental footprint. Plant-based protein typically contains more fiber and less saturated fat, which is the foundation for a heart-healthy diet. It has been found that vegetarians are at a reduced risk for certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity. The Mediterranean diet is a plant-based diet and has been known to reduce risk factors for cardiovascular disease.

Great examples of plant-based proteins are tofu, lentils, chickpeas, seitan, nutritional yeast, spelt, green peas, spirulina, quinoa, amaranth, and chia seeds.

## Broccoli Fun Facts

Broccoli is a natural cross between broccoli and gai lan or Chinese broccoli. It is often mistaken as baby broccoli. It is sweeter than broccoli and is fun to eat. Its stalks are thinner than regular broccoli, which means you can cook them without having to peel off any tough outer part. It is also an excellent source of vitamins A and C!

## What's In Season?

Broccoli, Broccolini, Brussels Sprouts, Butternut Squash, Collards, Kale, Leeks, Potatoes, Pumpkin, Grapefruit, Kiwi, Oranges, Pomegranate, Tangerines

## Sweet Potato Chickpea Buddha Bowl



### Ingredients:

#### Vegetables:

- 2 Tbsp. Olive Oil or Melted Coconut Oil
- 1/2 Medium Red Onion (sliced in wedges)
- 2 Small Sweet Potatoes (halved)
- 1 Bundle Broccolini (large stems removed/chopped)

#### Chickpeas:

- 15 oz Chickpeas (drained, rinsed, patted dry)
- 1 tsp Cumin
- 3/4 tsp Chili Powder
- 3/4 tsp Garlic Powder
- 1/4 tsp Salt
- 1/4 tsp Pepper
- 1/2 tsp Oregano
- 1/4 tsp Turmeric

#### Optional Sauce:

- 1/4 cup Tahini
- 1 Tbsp. Maple Syrup
- 1/2 Medium Lemon (juiced)
- 2-4 Tbsp Hot Water

Whisk together ingredients.

### Directions:

1. Preheat oven to 400°F. Arrange sweet potatoes and onion on baking sheet. Drizzle with a little bit of oil, making sure the flesh of the sweet potatoes are well coated and placed skin side down on the sheet.
2. Bake for 10 min, then remove from oven flip sweet potatoes and add broccolini. Drizzle broccolini with a bit of oil and season with a pinch of salt and pepper.
3. Bake for another 8-10 min., remove from oven and add kale. Drizzle kale with a touch more oil and season with salt and pepper. Bake for another 4-5 min. then set aside.
4. While veggies are roasting, heat a large skillet over medium heat, add chickpeas to a mixing bowl and toss with seasonings.
5. Once hot, add 1 Tbsp oil and chickpeas, sauté, stirring frequently. If they're browning too quickly, turn down the heat. If there isn't much browning, increase heat. (About 10 min.) Remove from heat and set aside.

To serve: Slice sweet potatoes into bite size pieces, divide vegetables between 3 serving bowls and top with chickpeas.

Optional: Top with a tahini sauce.

<https://minimallstbaker.com/sweet-potato-chickpea-buddha-bowl/>



Jennifer Malchow, RDN, LDN  
Registered Dietitian Nutritionist  
jmalchow@arbormgt.com

