

Plant-Powered Meals

Dinner made simple with the power of plants!

Hummus Bowl

2 cups greens + ½ cup brown rice + ½ cup chickpeas + sliced cucumbers + grape tomatoes + ¼ cup hummus + 2 tbsps crumbled feta cheese



Provides: 440 calories, 15 grams fat (4 grams saturated), 57 grams carbs, 20 grams protein, 11 grams fiber

Lentil Bolognese

1 cup cooked brown rice or whole wheat pasta + ½ cup cooked lentils + 1 cup broccoli + ½ cup tomato sauce + 1 tbsp parmesan cheese



Provides: 470 calories, 10 grams fat (5 grams saturated), 88 grams carbs, 29 grams protein, 17 grams fiber

Cool Corn Salad

½ cup corn + ½ cup chickpeas + ½ cup green beans + ½ cup bell pepper + 2 tbsps feta cheese + fresh mint + 1 tsp olive oil + lemon juice



Provides: 460 calories, 17 grams fat (4 grams saturated), 49 grams carbs, 19 grams protein, 15 grams fiber

Mediterranean Snack Board

½ whole wheat pita + ¼ cup hummus + ½ cup artichoke hearts + sliced bell pepper + cherry tomatoes + 5 olives + 15 nuts



Provides: 500 calories, 23 grams fat (1 gram saturated), 63 grams carbs, 19 grams protein, 13 grams fiber

Supper Scramble

2 eggs + 2 cups spinach + ½ cup cooked quinoa + ¼ avocado (sliced) + lemon juice



Provides: 350 calories, 19 grams fat (4 grams saturated), 28 grams carbs, grams protein, 7 grams fiber