Nourish *Your* Life

PLANT-BASED
Eating

The health benefits of eating more plants start with the first bite. Plant nutrients help fight inflammation, support your immune system and reduce your risk of heart disease, stroke, cancer, diabetes and more.

Fill half your dinner plate with vegetables and snack on veggies once a day.

Go meatless one night a week with beans or tofu, whole grains and vegetables.

Eat whole grains at breakfast, such as cooked oats, barley or millet.

Choose healthy fats like olive or canola oil, nuts and nut butters, seeds and avocados.

Meal-size your salad by adding beans or lentils, tofu or tempeh, cooked whole grains, and nuts or seeds, with a vegetable oil dressing.

BUTTERNUT SQUASH WITH BLACK BEANS

1 tablespoon olive or canola oil
3 cups butternut squash, peeled and cubed (1/2-inch cubes)
1 small onion, chopped
1/4 teaspoon garlic powder
1/4 cup red wine vinegar
1/4 cup water
2, 15-ounce cans black beans
1/2 teaspoon oregano

Heat the squash in the microwave on high heat for 1-2 minutes to soften the skin, then peel. In a large pan, heat the oil. Add the onion, garlic powder and squash. Cook for 5 minutes on medium heat. Add vinegar and water. Cook on low heat for 10 minutes. Add the beans and oregano. Cook until the beans are heated through. Makes 6 servings.

Source: USDA MyPlate Kitchen