

## **Plant-Based Protein Recipes**

### **Minestrone with Lentils**

#### **Ingredients**

- 3 tablespoons extra-virgin olive oil, divided
- 1 medium yellow onion, washed and chopped
- 2 medium carrots, scrubbed with clean vegetable brush, peeled, and chopped
- 2 medium ribs celery, washed and chopped
- 2 cups of zucchini, washed cubed
- 4 cloves garlic, washed and minced
- 1 teaspoon of Italian seasonings
- 1 14.5-oz cans of green beans with liquid
- 1 14.5-oz can of diced Italian tomatoes
- 4 cups low sodium vegetable broth
- 2 or more cups water or low sodium tomato juice
- salt to taste
- Pinch of red pepper flakes
- Freshly ground black pepper
- 1 cup whole grain shell pasta

#### **Directions**

1. Wash hands before preparing and measuring ingredients. Always use a clean cutting board and utensils to avoid cross contamination and food borne illnesses.
2. Heat 3 tablespoons of the olive oil in a stockpot over medium heat. Once the oil is shimmering, add the chopped onion, carrot, celery, zucchini, and garlic. Cook, stirring often, until the vegetables have softened.
3. Add the Italian seasoning. Cook until fragrant while stirring frequently, about 2 minutes.
4. Pour in the green beans and diced tomatoes with their juices, broth, and water (or tomato juice).
5. Raise heat to medium-high and bring the mixture to a boil, then cover with lid. Reduce heat to a gentle simmer.

6. Cook for 15 minutes, then remove the lid and add the red pepper, black pepper, pasta, lentils, and spinach. Continue simmering, uncovered, for 20 minutes or until the pasta and lentils are cooked.
7. Remove the pot from the heat. Garnish bowls of soup with grated Parmesan, if you'd like.

Yield: 10 cups

Serving size: 1 cup

Nutrient analysis per serving: 183 calories, 5 grams fat, 8.2 gram of protein, 28 grams of carbohydrate, 0 milligrams cholesterol, 191 milligrams sodium

## **Asian Quinoa**

### **Ingredients**

- 1 cup of lentils
- 2 cups baby spinach, washed and chopped 1 tablespoon extra-virgin olive oil
- 1 cup quinoa
- 2 cups low sodium chicken broth
- 2 tablespoons low sodium soy sauce
- 1/8 tablespoon ginger powder
- 1/8 tablespoon garlic powder
- 2 green onions, washed

### **Directions**

1. Wash hands. Always use a clean cutting board and utensils when preparing and measuring food to prevent cross contamination and food borne illnesses.
2. Heat olive oil in a saucepan over medium heat.
3. Add quinoa and toast for 2-3 minutes.
4. Mix in low sodium chicken broth, low sodium soy sauce, ginger and garlic powders. Increase heat and bring to a boil. Cover and reduce heat to low. Simmer until all liquid has been absorbed.
5. Chop green onions on a clean cutting board. Add to quinoa prior to serving.

Yield: 3 cups

Serving size: ½ cup

Nutrient analysis per serving: 133 calories, 4.1 grams fat, 4.5 gram of protein, 19.5 grams of carbohydrate, 0 milligrams cholesterol, 19.5 milligrams sodium

## **Parmesan Edamame**

### **Ingredients**

- 1 12-oz package frozen shelled edamame, thawed
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon garlic powder
- ¼ cup grated parmesan
- salt and pepper to taste

### **Directions**

1. Preheat oven to 400° F
2. Wash hands. In a medium bowl mix together all ingredients.
3. Spread mixture on a baking sheet.
4. Bake for 15-20 min.
5. Remove from oven, toss the edamame and bake for another 10-15 minutes.
6. Let cool and enjoy.

Yield: 3

Serving size: ½ cup

Nutrient analysis per serving: 162 calories, 11.1 grams fat, 12.6 gram of protein, 6.1 grams of carbohydrate, 13 milligrams cholesterol, 176 milligrams sodium.

# Cowboy Caviar

## Ingredients

- 1 lb of Roma tomatoes, washed and diced
- 1 can (drained) black beans
- 1 can (drained) sweet corn
- 1 red onion, washed and diced
- 1 cup cilantro, gently washed and chopped (or parsley)
- 1 avocado, washed and diced
- 1/2 cup of olive oil
- Juice of 2 limes
- salt, garlic, and pepper to taste

## Directions

1. Wash hands. Always use a clean cutting board and utensils when preparing and measuring food to prevent cross contamination and food borne illnesses.
2. Add all ingredients into one large bowl and mix well.
3. Serve with tortilla chips, in salads, or on fresh tacos.

Yield: 16

Serving size: ½ cups

Nutrient analysis per serving: 114 calories, 8.5 grams fat, 2.4 gram of protein, 9 grams of carbohydrate, 0 milligrams cholesterol, 97 milligrams sodium

Source: *These recipes were prepared by Lindsey Kabat, dietetic intern, working with [Kristin Bogdonas](#), nutrition and wellness educator, serving [Henry, Mercer, Rock Island and Stark Counties](#).*

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