

Meatless Meals

Meatless meals

are a great way to add variety to your family meals. Many



meatless dishes offer more fibre and are often less expensive than dishes that contain meat.

Pulses (peas, chickpeas, beans and lentils) are high in protein and fibre, and low in fat. They can often be used in place of meat in a recipe.

Many meatless meals have international flair, such as the recipe below.

Try having one meatless meal a week.

For recipes and information on pulses visit www.saskpulse.com.

Here are some creative ways to serve meatless meals:

- Use chickpeas, black beans or other beans to make dips such as hummus
- Puree cooked beans or lentils and add to tomato based sauces for pasta or tacos
- Add lentils or split peas to soups and casseroles
- Add cooked chickpeas or lentils on a pizza
- Add nuts, seeds or chickpeas to salads and stir fries
- Make chili with beans, and skip the ground beef
- Use beans in tacos, quesadillas and burritos



Teriyaki Rice Noodles with Veggies and Beans

- ◆ 2 cups brown rice noodles
 - ◆ 1 Tbsp. cooking oil
 - ◆ 1 small onion, diced
 - ◆ 1 cup chopped celery
 - ◆ 2 cups chopped carrots
 - ◆ 2 cloves garlic, chopped
 - ◆ 2 cups broccoli florets
 - ◆ 1/2 cup reduced sodium teriyaki sauce
 - ◆ Dash of hot pepper sauce
 - ◆ 1 can (540 ml) mixed beans, drained and rinsed
1. Prepare rice noodles according to package directions. Drain and set aside.
 2. In a large skillet, heat oil over medium heat. Sauté onion, carrots and celery until onions are softened, about 5 minutes. Add garlic and broccoli; cover and cook for 5 minutes. Stir in teriyaki sauce, hot sauce, beans and rice noodles; cover and cook for 5 minutes.

References

Chuey, P., Campbell, E., Waisman, M.S. *Dietitians of Canada -Simply Great Food*. Robert Rose Inc. Toronto, Canada. 2007.Print.

Pulses Canada. *Pulses—Cooking with beans, peas, lentils and chickpeas*.
www.pulsecanada.com