

Ask the Expert: MyPlate tips for vegetarian meals

Written by Sasha Harrison, Purdue Nutrition Department Alumna

Consuming a well balanced vegetarian meal from time to time can fit into a healthy diet. According to MyPlate, a healthy vegetarian meal may include fruits, vegetables, whole grains, beans/legumes, and nuts. These foods provide fiber to make you feel full for longer. They may contain less saturated fat and cholesterol compared with some meats, depending on how they are prepared. Incorporating vegetarian meals into your diet is one way to help conserve money when the cost of meat and fish are comparatively more expensive.

Some vegetarian and plant-based staple foods have long shelf lives and include rice, beans, and canned or frozen vegetables. These foods may also be inexpensive compared to other types of foods. Canned beans, fruits, and vegetables are also healthy choices, and may be even healthier

when they are rinsed to remove extra sodium and sugar. Summer is a great time of the year to purchase fresh fruits and vegetables in season, as they may be less expensive compared with their cost in other seasons.

MyPlate recommends varying sources of protein. Vegetarian sources of protein include nuts, eggs, milk, cottage cheese, tofu, and beans. Many recipes that commonly include meat can be prepared without meat by substituting a plant based source of protein. One example is burgers with beans as a base instead of ground meat. The replacement of rice and beans for meat in tacos is another easily made change to make a meat based recipe into a plant based recipe. Pizza and lasagna are two dishes that can include vegetables like broccoli, tomatoes, and squash in place of, or in addition to, meat.

Incorporating occasional vegetarian meals into the diet can help create a fun meal-time environment by providing new and varied meal options.



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Sources: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet8HealthyEatingForVegetarians.pdf>, <http://www.eatright.org/resource/food/nutrition/vegetarian-and-special-diets/curious-about-vegetarianism>, <https://njaes.rutgers.edu/sshw/message/message.asp?p=Health&m=170>

Food Safety:

How to safely grill meats and vegetables

Written by Kiara McIntosh, Undergraduate Student in Department of Food Science

Grilling is a festive way to enjoy meats and veggies in the summer. Try using the food safety tips below to ensure that foods are properly handled, and to prevent foodborne illness!

All surfaces that come into contact with food, either raw or cooked, should be cleaned, including the grilling surface and all utensils used in grilling or handling food. Cooks should wash their hands with warm, soapy water for at least 20 seconds. All areas where food is prepared or handled should be frequently wiped down, especially in between prepping different foods.

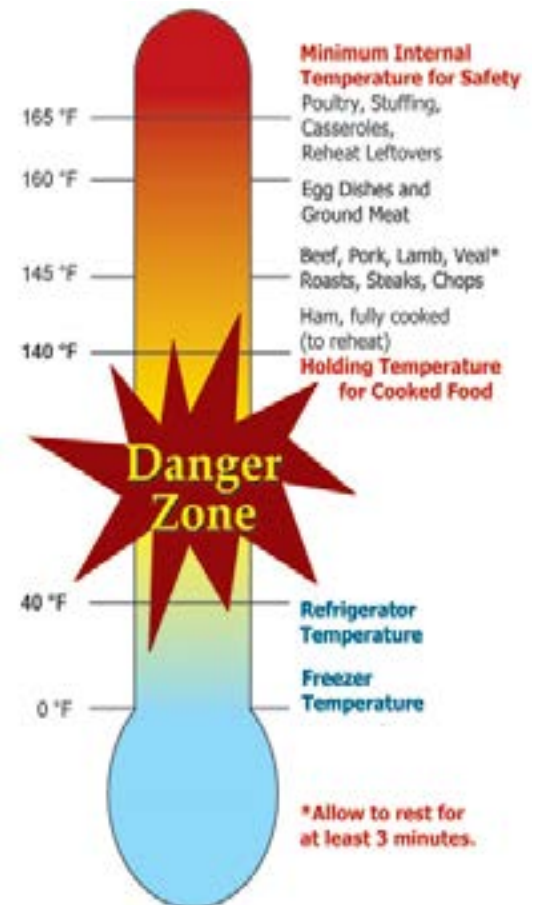
To prepare vegetables before grilling, rinse them first. Consider chopping your vegetables into uniform cubes or strips so they cook evenly, yet also make them large enough to prevent them from falling through the grill. Coat vegetables with vegetable oil to help keep moisture in. Try not to pierce the vegetables as this may cause juice to be lost, and the vegetables to become too dry during grilling.

Be sure that meats are completely thawed if they are used from frozen, and also make sure to prepare meats on a clean plate or cutting board. Marinate meat overnight in an acidic sauce to keep the meat tender. To prevent bacterial growth, store meat separately, and in a refrigerator or cooler until it is ready to be grilled.

Other food safety tips...

- Hot foods should be kept and served at 140°F or higher
- Cold foods should be kept and served at 40°F or below.
- Refrigerate perishable foods within 2 hours or 1 hour if the outside temperature is above 90°F

Always use a food thermometer to make sure foods are cooked to the proper temperature. For directions on calibrating your food thermometer, please visit the Food Safety link on the [IEFRN website](#). Grilling causes meat to brown quickly on the surface, however the temperature on the inside may still not be warm enough to ensure food safety. Temperature rules for safely cooking meat are listed above. Cooking food to these temperatures will kill harmful bacteria and lessen the chances of foodborne illness.



Sources: <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm094562.htm>, http://www.ksre.ksu.edu/news/story/grilling_vegetables052010.aspx, http://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/barbecue-and-food-safety/CT_Index, <http://www.usda.gov/wps/portal/usda/usdahome?contentid=2011/05/0221.xml>, <http://www.fsis.usda.gov/wps/wcm/connect/646b66ce-4992-48cd-b6ba-ff28f5d9eecf/magnet.jpg?MOD=AJPERES>, http://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/danger-zone-40-f-140-f/CT_Index

Written by Amanda Vetter, Undergraduate Student in Department of Nutrition Science

Beans are the mature form of a legume, and are an inexpensive plant-based protein source. They are unique in that they may count as a protein source or a vegetable. Beans contain nutrients such as iron, potassium, folate, magnesium, and fiber.

Type	Mom	Dad	Jamie
Black	😊	😊	😊
Pinto			
Navy			
Lima			

A variety of beans are available, including navy, garbanzo, kidney, black, lima, and pinto beans. They come in all sizes and colors. Consider cooking with a new type of bean every week. Children might enjoy becoming involved in keeping track of the different types beans they have eaten! Using a chart to track progress, and letting each family member give a rating for how much they liked the bean used in the meal, may help to get children excited about eating and trying beans.

Beans are available in dry, canned, and frozen forms, so they can be easily stored for long periods of time. Draining and rinsing canned beans will wash away almost half of the sodium. Substitute beans for meat in tacos, pasta, burritos, enchiladas, or stir fries. Simply trade 1/4 cup of dry cooked beans for every ounce of meat you'd normally use. Try out beans using the recipes listed below!

Sources: <http://www.choosemyplate.gov/food-groups/vegetables-beans-peas.html>, <http://www.eatright.org/resource/food/nutrition/vegetarian-and-special-diets/protein-foods-for-your-vegetarian-child>, <http://www.health.gov/dietaryguidelines/dga2010/dietaryguidelines2010.pdf>, <http://www.webmd.com/diet/beans-protein-rich-superfoods>, http://www.fns.usda.gov/sites/default/files/HHFS_BEANS_KIDNEYLIGHT%20RED_DRY_100385%20Oct%202012.pdf

Southern Rice and Beans

Ingredients (6 servings)

- 2 cans low sodium beans*
- 6 medium red bell peppers
- 2 cups cooked rice
- 1 cup diced green pepper
- 1 can sweet corn, drained (15.2 oz)
- 2 tablespoons crushed red pepper
- 1 tablespoon vegetable oil
- 1 garlic clove, chopped
- salt and pepper to taste

Directions

1. Slice off red pepper tops and remove seeds.
2. On grill, heat an aluminum pan and add oil, corn, green pepper, garlic, crushed red pepper, salt, and pepper.
3. Grill over moderate heat for 5 minutes. Add beans and bring to a boil.
4. Spoon baked beans mixture into peppers and cook on medium/hot grill for 5 min.
5. Place tops over indirect heat and cook 5 minutes. Remove peppers and tops from grill. Replace tops and serve!



Sweet Bean Salad

Ingredients (4 servings)

- 1 can low sodium beans* (28oz)
- 1 can kidney beans, rinsed and drained (16 oz)
- 1 can garbanzo beans, rinse and drained (16 oz)
- 1 can sweet corn, drained (15.2 oz)
- 2 tablespoons balsamic vinegar
- 1 pinch cinnamon

Directions

1. Turn oven on medium heat
2. Mix ingredients in large saucepan
3. Cook until warm, stirring occasionally
4. Serve!

Underlining denotes a TEFAP commodity food

*indicates that beans may be vegetarian or baked beans

Southern Rice and Beans:

Per serving: 248 Calories, 4g Total Fat, 0g Total Saturated Fat, 0mg Cholesterol, 418mg Sodium, 44g Total Carbohydrate, 9g Total Sugars, 9g Total Dietary Fiber, 10g Total Protein

Sweet Bean Salad:

Per serving: 256 Calories, 3g Total Fat, 0g Total Saturated Fat, 0mg Cholesterol, 561mg Sodium, 50g Total Carbohydrate, 13g Total Sugars, 10g Total Dietary Fiber, 12.5g Total Protein



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IN THE NEWS

Helping Veterans and their Families

Written by Sarah Crulcich, PhD Nutrition Science Student at Purdue University

Are you a faith-based food pantry located in a rural Indiana? Reaching Rural Veterans is a pilot project affiliated with Purdue University that aims to make collaborations between food pantries, the surrounding communities, and military and veteran families. The collaborations are intended to establish relationships, and to build trust between faith-based communities and military families. Services and resources that pantries may be expected to provide include addressing needs for food, shelter, employment, and mental well-being.

Your organization may eligible to receive a grant and toolkit which are designed to help you assist the military and veteran population. If you are interested in participating, please fill out an [application](#). More information can be provided by Andrea Wellnitz at awellnit@purdue.edu.



**REACHING
RURAL VETERANS**

Engaging Faith Communities
and Food Pantries in
Serving Veterans in Rural Areas