

PROTEIN-PACKED MEAL AND SNACK IDEAS

Here are some ways you can add a variety of protein foods to your meals and snacks. These ideas need very little cooking or no cooking at all!

BEANS, PEAS, AND LENTILS

CANNED BEANS OR LENTILS MEAL IDEAS

- Drain and rinse canned beans or lentils, then mash them. Top with cheese and warm them. Offer with diced veggies and chips as nachos.
- Add to salad topping options.
- Drain and rinse canned beans or lentils. Mix with diced mango, onion, bell peppers, and chopped cilantro. Offer as a fruity street taco in corn tortillas.

SNACK IDEAS

- Black bean dip with:
 - ✓ Sliced cucumbers
 - ✓ Mashed avocado
- Hummus with:
 - ✓ Sliced bell peppers and snap peas
 - ✓ Whole grain crackers

HUMMUS

Search the *Health eKitchen* for our homemade hummus recipe! Then try one of the following:

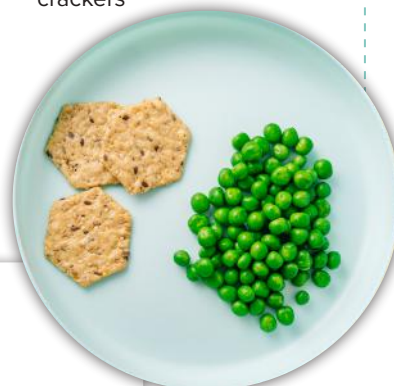
- Spread in a wrap or sandwich with chopped veggies.
- Make a Mediterranean pizza! Spread hummus on a whole wheat tortilla. Add chopped tomato, artichokes, spinach, and bell pepper. Slice and enjoy!

PEAS MEAL IDEAS

- Add to salad topping options.
- Mix into egg salad. Eat it by itself, or make a sandwich!
- Make a side dish by tossing peas with a little olive oil, garlic, and fresh lemon.

SNACK IDEAS

- Offer with whole grain crackers



NUTS AND SEEDS

NUT BUTTER (or seed butter such as sunflower butter) MEAL IDEAS

- Blend in a banana smoothie.
- Spread on whole grain bread with sliced bananas or diced strawberries.

SNACK IDEAS

- With veggies (cucumbers) or fruits (apple slices)
- On whole grain bread with sliced bananas




NUTS OR SEEDS MEAL IDEAS

- Sprinkle on salads. Check out the recipe for Chopped Brussels Sprouts Salad on *Health eKitchen!*
- Add to hot cereals. Toasted walnuts are great in both hot oatmeal, and chilled overnight oats.

SNACK IDEAS

- Toss on yogurt with berries.
- Add to baked goods, hot cereals, or salads.
- Offer with mixed berries.



 Nuts and seeds are a choking hazard and should not be given to children under 4. Finely minced is okay to give.



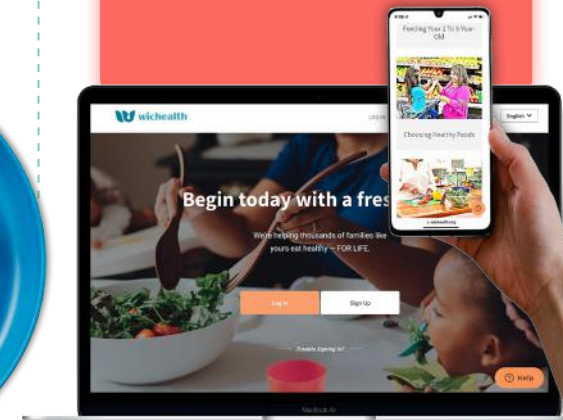
LESSON:
**POWERFUL PROTEINS -
SO MUCH MORE
THAN MEAT**

Take This Lesson to Learn:

- Easy ways to add more variety of protein foods to your meals and snacks.
- Tips to offer your family a variety of protein foods while on a budget.
- Recommended amounts to offer your family.

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Select **Begin**
- Choose the category: **Choosing Healthy Foods**
- Choose the lesson: **Powerful Proteins - So Much More Than Meat**



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PROTEIN-PACKED MEAL AND SNACK IDEAS

*tip:

Did you know dairy foods also provide protein? Check out these snack ideas made with dairy foods.

- ✓ Regular (or soy) yogurt with fruit
- ✓ Cottage cheese with sliced peaches
- ✓ Low-fat cheese slices with veggies



SEAFOOD

CANNED TUNA FISH OR SALMON MEAL IDEAS

- Mix with light mayo, chopped celery, and carrot. Offer with cucumber slices or whole grain bread.
- Drain the can, then add as a salad topping. Try the Kale And Tuna Salad recipe from *Health eKitchen!*

SNACK IDEAS CANNED TUNA FISH MIXED WITH LIGHT MAYO ON TOP OF:

- Whole grain crackers
- Cucumber slices



LEAN MEAT, EGGS, OR POULTRY

MEAL IDEAS

- Chop hard-boiled eggs and use as a salad topping.
- Drain canned chicken and add to salads, tacos, or wraps.
- Cook a large batch of chicken breast, ground meat, loin, roast, or turkey breast. Add to salads, tacos, wraps, soups, or freeze the extra!

SNACK IDEAS HARD BOILED EGGS WITH:

- Sliced tomato
- Peeled oranges



Which protein food could you offer your family this week?

This week I will offer _____ at meal time.
(protein food)

This week I will offer _____ at snack time.
(protein food)

