

FOOD

Plants, It's What's for Dinner



↑ **Tuna Salad Sandwich** [ARDMORE INSTITUTE OF HEALTH]

By **Michelle Jones**

ARDMORE INSTITUTE OF HEALTH

Grills firing up, the smell of sunscreen in air and random fireworks lighting up the sky all signal one thing - it's summertime in America. Store shelves and markets are stocked with varieties of tomatoes, squashes, cucumbers, eggplants and peppers. And roadside stands boast fresh melons, peaches, and berries.

Yes, summertime is the most natural time to eat plants. Lots of them.

While scientific studies have linked diets high in plant foods to better health, most of us have a hard time knowing what to do with all those plants - fresh fruits and vegetables. Practically speaking, we need to know

how to add them to our plates.

Full Plate Living™ experts recommend that over time you fill 75% of your plate with vegetables, beans, whole grains, and fruits. In short, more natural fiber-rich plant foods. The method we've found to be most successful is to start by adding these foods to what your family is already eating.

The goal is progress, not perfection. Change doesn't happen overnight; lasting change typically advances one step at a time. The recipes below will help you take the simple step of surrounding familiar foods like tuna, steak and chicken with fiber-rich plant foods. The more fiber foods you consume, the more health benefits you'll reap.



Tuna Salad Sandwich Recipe

Ingredients

- 2 - 100 calorie pack StarKist Tuna Salad
- ¼ cup diced cucumbers
- ¼ cup shredded carrots
- ¼ avocado
- 1 Roma tomato, diced
- 2 slices 100% whole wheat bread
- 1 cup Spring Mix lettuce
- 1 apple

Directions

In a small bowl, stir together tuna salad, cucumbers, carrots, avocado and tomato. Then spread the tuna salad on the bread. Layer with lettuce and pack your apple on the side.

Makes 1 sandwich.

← **Brazilian Steak Dinner** [ARDMORE INSTITUTE OF HEALTH]

Brazilian Steak Dinner Recipe

Ingredients

- 1 - 15oz can black beans
- 1 - 10oz bag frozen brown rice
- 1 cup fresh or frozen corn
- 2 Roma tomatoes
- 2 cups fresh salsa or pico de gallo
- 2 - 4oz cooked steaks
- 8 roasted carrots

Directions

Rinse and drain black beans. Microwave brown rice according to package directions. Rinse corn under warm water until thawed. Use a zigzag pattern to cut tomatoes into "flowers", or slice half a tomato per plate. In a medium bowl, mix together black beans, brown rice, corn and pico and divide it among 4 plates. Slice steaks into long thin strips. Put a fourth of the strips next to the black bean/rice mixture on each plate. Serve with 2 roasted carrots per plate and fresh tomato on the side.

Makes 4 servings.

← **White Bean Chicken Soup** [ARDMORE INSTITUTE OF HEALTH]

White Bean Chicken Soup Recipe

Ingredients

- ½ pound chicken breasts (equivalent to medium-sized chicken breast)
- 5 cups water
- 1 pack White Chili Seasoning Mix
- 2 - 15oz cans low-sodium great northern beans, rinsed and drained
- 3 large tomatoes diced
- 1 small jalapeno deseeded and deveined, diced
- 1 - 10oz can Rotel tomatoes (If you don't have fresh tomatoes and jalapenos.)
- 1 red bell pepper diced

Directions

Boil the chicken in the 5 cups of water until done. While the chicken cooks, rinse and drain your beans. Remove the chicken to cool and shred. Keep the water/broth and skim off the fat on the top. Add the shredded chicken and remaining ingredients. Cook on medium/high for about 30 minutes, or in a Crock-pot on low for 4 hours.

Makes 4 - 2 cup servings.

