



DINNER- emphasize vegetables and grains at all your meals. Include fruit! You might start with some brown rice, kidney beans and add a serving of roasted vegetables, season and enjoy!

Whole Grains

- Barley
- Brown rice
- Millet
- Quinoa
- Whole grain bread
- Whole grain pasta
- Whole grain couscous

Legumes

- Black beans, chickpeas, kidney beans, pinto beans
- Lentil, split peas
- Baked beans
- Fat free refried beans

Vegetables

- Broccoli, cabbage, cauliflower
- Greens such as bok choy, kale, spinach, steamed and topped with soy sauce
- Roasted vegetables such as potatoes, sweet potatoes, carrots, parsnips, turnips, squash, beets, onions

Main Dishes:

- Beans and rice
- Veggie chili
- Fajitas
- Bean burger on whole grain bun with veggies
- Rice pilaf, Spanish rice
- Soft tacos: use whole grain flour or corn tortillas and stuff them with beans, lettuce, tomato, and salsa
- Veggie lasagna made with tofu to replace ricotta and layered with vegetables
- Whole-grain pasta with marinara sauce
- Stir-fry: use whole grain such as brown rice, quinoa, faro, add stir fired vegetables such as carrots, peppers, broccoli, mushrooms and finish with simple stir fry sauce
- Baked potatoes topped with steamed vegetables, salsa and black beans