

THIS MONTH  
Protein-  
packed  
vegan food



## GREEN PEA POPPERS

SERVES 4

These satisfying two-bite snacks are perfect any time of day—serve them with your favorite dipping sauce.

- 1 Tbsp (15 mL) grapeseed oil, plus extra for baking
- 1 Vidalia (sweet) onion, diced
- 3 garlic cloves, minced
- 2 cups (500 mL) frozen peas, thawed
- 1 1/2 cups (350 mL) chickpea flour
- 1 tsp (5 mL) baking soda
- 1/4 tsp (1 mL) sea salt
- 1 tsp (5 mL) ground cumin
- 2 Tbsp (30 mL) minced fresh mint,  
or 2 tsp (10 mL) dried mint

Preheat oven to 350 F (180 C). Line baking tray with parchment paper and set aside.

In large frying pan over medium, heat oil. Add onion and cook until softened and translucent, about 8 minutes. Stir in garlic and cook for another minute.

Transfer cooked onion and garlic mixture to food processor. Add peas and pulse until mixture becomes a thick paste that still has texture to it. Transfer to large bowl along with chickpea flour, baking soda, salt, cumin, and mint. Stir with wooden spoon until well combined.

With wet hands, take 1 Tbsp (15 mL) pea mixture and roll into a ball and place on prepared baking tray. Press down slightly to form a round patty. Brush lightly with some extra oil before baking in oven for 10 minutes. Flip poppers over and bake once more until golden brown, about another 8 to 10 minutes.

Serve warm poppers with dipping sauce. Poppers may be cooled to room temperature and stored in airtight container in refrigerator for up to 3 days.

**EACH SERVING CONTAINS:** 277 calories; 12 g protein; 10 g total fat (4 g sat. fat, 0 g trans fat); 36 g total carbohydrates (9 g sugars, 8 g fiber); 403 mg sodium



## GAME DAY LAYERED DIP

SERVES 8

Any of these quick dips would be great on their own. However, put them together and you have something that is way more than the sum of its parts.

### CHEEZE SAUCE

3/4 cup (180 mL) raw cashews  
1/2 cup (125 mL) hot water, plus extra as needed  
3 Tbsp (45 mL) nutritional yeast  
Pinch of garlic powder  
1/4 tsp (1 mL) ground cumin  
2 tsp (10 mL) chopped chipotle in adobo sauce

### GUACAMOLE

2 ripe avocados  
Juice of 1 lime  
1/4 tsp (1 mL) sea salt  
2 Tbsp (30 mL) hemp hearts (optional)  
2 Tbsp (30 mL) finely chopped cilantro leaves

### REFRIED LENTILS

2 tsp (10 mL) grapeseed oil  
1 medium onion, diced  
1 garlic clove, minced  
1/2 tsp (2 mL) chili powder  
1 tsp (5 mL) ground cumin  
1/2 tsp (2 mL) dried oregano  
1/2 tsp (2 mL) sea salt  
14 oz (398 mL) can lentils, drained and rinsed  
1/2 cup (125 mL) water

### CHUNKY PICO DE GALLO

1 cup (250 mL) multicolored  
cherry tomatoes, quartered  
2 Tbsp (30 mL) diced red onion  
1 Tbsp (15 mL) finely diced serrano  
or jalapeno chili, seeds removed, if desired  
1 Tbsp (15 mL) lime juice  
2 Tbsp (30 mL) finely chopped cilantro leaves  
1/4 tsp (1 mL) sea salt  
1 green onion, finely chopped  
2 Tbsp (30 mL) sliced black olives

Start by making Refried Lentils. In medium frying pan over medium heat, warm oil. Add onion and cook, stirring frequently, until softened and translucent, about 8 minutes. Stir in garlic, chili powder, cumin, oregano, and salt. Cook, stirring constantly, for 1 minute. Stir in lentils and water. Bring mixture to a simmer and cook, stirring often, for 10 minutes. Transfer to blender or food processor and combine until smooth. Place in bowl and set aside.

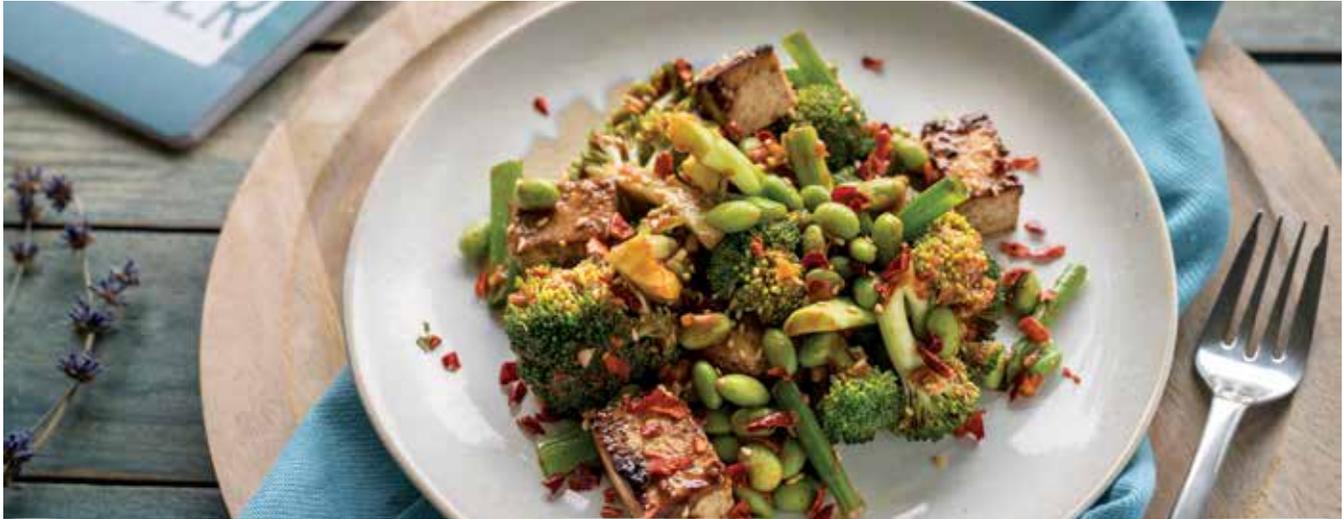
For Cheeze Sauce, place all ingredients in blender and combine until smooth. Sauce should be thick, yet pourable. If desired, thin sauce with a little extra water. Transfer to bowl and set aside.

For Guacamole, combine avocado, lime juice, salt, and hemp hearts (if using) together in clean blender until smooth. Transfer to bowl and stir in cilantro. Set aside.

For Chunky Pico de Gallo, in bowl, stir together tomatoes, onion, chili, lime juice, cilantro, and salt until combined. Set aside to marinate for 10 minutes.

To assemble dip, spread Refried Lentils in a layer over bottom of large bowl or casserole dish. Top with a layer of Cheeze Sauce, then Guacamole and Pico de Gallo. Scatter green onion and black olives overtop. Serve immediately with tortilla chips or vegetables. Dip may be made up to 1 day ahead, covered, and stored in refrigerator.

**EACH SERVING CONTAINS:** 280 calories; 11 g protein; 17 g total fat (2 g sat. fat, 0 g trans fat); 25 g total carbohydrates (4 g sugars, 9 g fiber); 338 mg sodium



## SWEET HEAT TOFU STIR-FRY

SERVES 4

This stir-fry comes together in under half an hour! Feel free to customize the heat level in the dish by adding more chili flakes as desired.

### SAUCE

- 2 tsp (10 mL) grapeseed oil
- 2 tsp (10 mL) cornstarch or arrowroot flour
- 1 Tbsp (15 mL) finely minced garlic
- 1 Tbsp (15 mL) finely minced ginger
- 1 Tbsp (15 mL) unseasoned rice vinegar
- 1 Tbsp (15 mL) maple syrup
- 3 Tbsp (45 mL) low-sodium tamari or low-sodium soy sauce
- 2 Tbsp (30 mL) tomato paste
- 2 Tbsp (30 mL) water

### STIR-FRY

- 1 Tbsp (15 mL) low-sodium tamari or soy sauce
- 1 tsp (5 mL) garlic chili sauce
- 1 tsp (5 mL) toasted sesame oil
- 1 Tbsp (15 mL) maple syrup
- 12 oz (340 g) firm tofu, cut into bite-sized chunks
- 1/3 cup (80 mL) cornstarch or arrowroot flour
- 2 Tbsp (30 mL) grapeseed oil, divided
- 2 cups (500 mL) broccoli florets
- 1 cup (250 mL) frozen edamame beans, thawed
- 4 green onions, ends trimmed and cut into 2 in (5 cm) lengths
- 1 tsp (5 mL) hot crushed red pepper flakes
- 2 tsp (10 mL) toasted sesame seeds, for garnish (optional)

To make sauce, in medium bowl, whisk together all sauce ingredients. Set aside.

To make stir-fry, in medium bowl, whisk together tamari, chili sauce, sesame oil, and maple syrup. Add tofu and toss to coat in sauce. Set aside for 4 to 5 minutes, tossing occasionally.

In another medium bowl, add cornstarch. Using fork, transfer cubes of tofu into cornstarch and toss to coat.

In large skillet over medium heat, warm 1 Tbsp (15 mL) grapeseed oil. Using fork again, transfer coated tofu cubes to pan, leaving any excess cornstarch behind. Cook tofu, turning frequently, until golden brown on all sides. Once evenly browned, transfer to plate and set aside.

Return skillet to burner and increase heat to medium high. Add remaining 1 Tbsp (15 mL) grapeseed oil and allow to warm for a minute before adding broccoli and sautéing for 1 minute. Add edamame and green onions and continue to sauté until broccoli is crisp-tender and edamame are warm, another 1 to 2 minutes. Add sauce, tofu, and red pepper flakes. Continue to stir-fry, stirring frequently, until sauce has evenly coated everything and has thickened slightly, about 1 to 2 minutes. Remove skillet from heat, add sesame seeds (if using), and toss to incorporate. Serve, while hot, over quinoa or rice, if desired.

**EACH SERVING CONTAINS:** 339 calories; 16 g protein; 18 g total fat (2 g sat. fat, 0 g trans fat); 31 g total carbohydrates (9 g sugars, 5 g fiber); 757 mg sodium



# 86

bus drivers were included in a recent study on workplace kindness. The researchers found that drivers who were given a piece of fresh fruit daily experienced less depression and more self-efficacy (“perceived confidence and ability to implement the necessary actions and tasks so as to achieve specific goals”). Workplace kindness goes a long way, so aim to nurture a culture of kindness with your fellow coworkers.

# 42%

of the average North American’s daily calories come from low-quality carbohydrates, like refined white bread and potato chips. Try to diversify your diet by including a range of healthy foods, like Greek yogurt, seafood, leafy greens, tofu, eggs, and fruits. Rather than focusing on what you *can’t* eat, focus on the countless healthy foods to explore.

# 1/2 SERVING

of nuts (compared to no nuts) was associated with a 16 percent lower risk of obesity in a recent four-year study. Nuts do contain fat; however, research shows that those who eat nuts on a regular basis actually weigh less. Plus, nuts are also full of healthy fiber! They’re a perfect snack for on-the-go, with dozens of varieties to choose from, like walnuts, almonds, pecans, and hazelnuts.



# 2018

statistics show that Australia is leading the way in those following a vegan diet, and numbers are increasing all around the world—including 600 percent in America. And now, more than 3 million people in Canada consider themselves vegan too. Want to join in? See your doctor for personalized advice and load up on healthy foods such as veggies, whole grains, nuts, beans, lentils, and chickpeas.



# 22%

raised risk of hypertension (high blood pressure) was associated with moderate-to-severe periodontitis (gum disease) in a new study. “High blood pressure affects 30-45% of adults and is the leading global cause of premature death,” reads the report. Getting regular dental checkups is key, as is oral hygiene at home. And of course, to reduce your risk of high blood pressure, it’s important to eat well and exercise.