

Easy Ways to Include Plant-based Proteins in Your Diet

Lentils

- It takes 15 – 20 minutes to cook up a big batch
- No need to pre-soak (unlike beans)
- Bring lentils and water to a boil, lower heat to medium, add desired spices, and cook until soft (15 – 20 minutes)
 - Recommended to add Epazote (Mexican herb) or Asafeotida,,aka Hing (Indian spice from root of plant in parsley family) to aid in digestibility
 - Other possibilities: salt, black pepper, cumin seeds or powder, olive oil
- Last 5 minutes, add any vegetables you want, if desired
 - Some ideas: celery leaves, radish leaves, chopped hot pepper, chopped onion, chopped carrot
- Ways to serve:
 - Mix in a green salad, various dressings, salsa, avocado
 - Over a microwaved potato or rice
 - Over a hot vegetable
 - Add vegetable broth and use an immersion blender to make soup

Tofu (Soy Bean Cake)

- Can flavor it to taste like practically anything by marinating it
- Some people don't like the texture
- Easy way to create a chewy texture:
 - Take tofu out of packaging, drain off water, put in plastic bag, and freeze
 - When ready to use, defrost in microwave, squeeze out water, soak in marinade of your choice, and cook
- Possible marinades:
 - Lemon and garlic
 - Soy sauce and ginger
 - Barbeque sauce

Other Labor Saving Tips

- Buy a bunch of parsley, chop it, and freeze in a plastic bag. Use as needed.
- Buy garlic and ginger pre-chopped, in jars
- Freeze pieces of fresh ginger or hot pepper and use as needed