



## SHAKE UP YOUR PLATE

“Dare to be different” in June by shifting attention from meat dishes to plant-based ingredients like beans, lentils, and legumes. It’s easy to diversify your plate with vibrant, plant-based options that prioritize flavor, protein, and sustainability. Shake up your plate all month long with plant forward menu options.

Why choose plant-based proteins? Emissions from livestock have a greater impact on the planet because of the methane they generate, land use needed for grazing and crops used to feed them. There are health benefits too! Beans, lentils, and legumes offer more fiber and plant-based diets have been found to decrease the risk of certain cancers, heart disease and diabetes. With today’s current economy, plant-based proteins are also kinder to our pockets. This month, step out of the box and swap your turkey burger for a quinoa black bean patty. Let’s support our bodies, pockets, and the planet this June!



## NATIONAL FRESH FRUIT & VEGETABLE MONTH

It is National Fresh Fruit and Vegetable Month, so it is the perfect time to introduce a colorful, healthy portion of vegetables into your diet at home and work. Fruits and vegetables are loaded with vitamins, minerals, water, and fiber all of which help keep our bodies strong and healthy.

Let’s kick start the Summer with fresh, seasonal produce, while introducing new and delicious ways to eat fruits and veggies! Instead of starting your day with a breakfast sandwich, why not try a power bowl loaded with whole grains, grilled and fresh fruits, and veggies? Looking for a new snack? Try carrots, cucumbers, or radish slices with a hummus or ranch dip.

## HYDRATE WITH REFRESHING MOCKTAIL

When the weather heats up, it is even more important to keep up with hydration. One exciting way to do this is with mocktails! As the name suggests, these are mock cocktails, so no alcohol but still lots of great flavor!

By using fresh herbs and juices from fruits and even some vegetables, there are so many enticing flavor combinations that can be made. If you are interested in a bubbly drink, add some sparkling water. Scan the QR code below to the Eurest recipe page, where there are some delicious mocktail recipes and more!



## CHEF’S TIP - PLANT FORWARD

Legumes come in a bountiful variety of colors, shapes, and sizes - from lentils, chickpeas, split peas, and soybeans to pinto beans, red kidney beans, black beans, and cannellini beans. With so many options, it is simple to transform old menu favorites into something new and inspiring. Bring beans to the center of the plate with some of these meal ideas:

- Buffalo-Spiced Chickpea Pizza
- Smashed Black Bean Tacos
- Grilled Summer Vegetable and White Bean Salad

Looking for more delicious plant forward recipes? Scan the QR code for the Eurest recipe page.

