



CHEF TIPS: PLANT SWAPS

Plant based eating is good for you, good for the planet, and can be delicious too! Here are some fun plant swaps for your late summer menu planning:

- Spaghetti with simmered lentils, plum tomatoes, feta and parsley
- Miso roasted tempeh and grilled eggplant burger with beefsteak tomato jam
- Marinated tofu and vegetable kebobs with Moroccan chermoula
- Memphis BBQ jackfruit sliders with southern style coleslaw
- Lentil walnut tacos with mango cilantro salsa
- Red bean and Thai vegetable curry with jasmine rice

NATIONAL WHOLE GRAINS MONTH

Each year in September Whole Grains Month is celebrated as a way to remind everyone the importance of eating more whole grains. They provide fiber for regular digestion, protein for strong muscles, and even a variety of vitamins and minerals.

Start with some simple swaps, to get these whole grain benefits:

- Whole grain bread for white bread
- Buckwheat pancakes for plain pancakes
- Brown rice or quinoa for white rice
- Whole grain crackers in place of white wheat crackers

HEALTHIER TAILGATE IDEAS

Football season means tailgating time! Capture the spirit and enthusiasm of all sports fans while enjoying some healthier swaps of tailgating classics without sacrificing fun or flavor.

Set your traditional hot dogs or hamburgers on the sideline and grill up some kabobs, alternating shrimp, chicken or pork loin with seasonal fruits and veggies. Kick up the flavor with fresh herb seasonings and marinades. It's time to trade traditional macaroni and potato salad and pick up the crunch with a Cajun corn and black bean salad.

Don't forget the cilantro lime slaw! Lastly, stay hydrated with water or fun flavored seltzers in between other bubbly beverages and cocktails.

Your tailgate party will be a touchdown event with these delicious, crowd pleasing swaps!



STREET EATS: PLANT FORWARD

Plant-forward is a style of eating that emphasizes and celebrates, but is not limited to, plant-based ingredients. Fruits, vegetables, grains, beans, other legumes and soy foods, nuts and seeds, plant oils, and herbs and spices as well as meat alternative products are the focus of these dishes. Street Eats: Plant Forward prioritizes colorful and seasonal plant ingredients which are packed full of essential nutrients. Plant-forward eating isn't just good for our bodies, it's also good for the planet.

Eating more plants and less animal products has a positive impact on the planet because of the methane gas that animals produce and the land they require to feed them. Jerk Chickpea Tacos, Chipotle Black Bean burgers, Mediterranean falafel, and Incogmeat Nashville Chick'n Sandwich prove that plants never tasted this good!