



Don't Walk On By

10 foods to try

BY KATE SHERWOOD

The wider you cast your food net, the easier it is to eat a delicious plant-based diet, which is good for your health and for the planet. Here are 10 new candidates for your shopping cart. Odds are, you've walked past at least some of them for years. To get you started, we've included a basic recipe for each and some of the nutrients you can expect in a generous one-cup serving of each vegetable or grain.



RED LENTILS

Why try it

They're hearty, convenient, and cheap. They've got plenty of potassium, iron, and vitamin B-1. And every cooked cup contains a hefty 16 grams of protein and 9 grams of fiber. At 230 calories per cup, they'll fill you up without filling you out. And they cook up into a thick, satisfying stew in under 10 minutes. What more could you ask for?

While you're at it

French or brown lentils are ideal for salads since they keep their shape (if you don't overcook them). They take a bit longer to cook (15 to 25 minutes) because they haven't had their outer skins removed, but they deliver more fiber (16 grams per cup).

Start with Classic Red Lentils

Combine 1 cup of red lentils with 2 cups of water, 1 bay leaf, and 1 clove of garlic. Simmer until tender, 8 to 10 minutes. Remove the bay leaf and garlic. Stir in up to ½ tsp. of salt. Drizzle each serving with 2 tsp. of extra-virgin olive oil and a sprinkling of freshly ground black pepper. Makes three 1-cup servings.

PER SERVING—Cals: 310 / Sat Fat: 1.5 g / Protein: 18 g / Carbs: 40 g / Fiber: 9 g / Sodium: 330 mg



BABY BOK CHOY

Why try it

It lets you add a delicate Asian note and a new texture to soups and stir-fries. Bok choy is a type of cabbage with a mild, sweet flavor, crisp stems, and tender leaves. A cup of cooked bok choy is loaded with vitamins A and C and is surprisingly high in potassium, calcium, and iron...all for just 20 calories.

While you're at it

You can substitute other mild cabbages like savoy and Napa, but they have fewer nutrients than bok choy's leafy greens.

Start with Sesame Bok Choy

Stir-fry 1 lb. of sliced baby bok choy in a hot skillet with 1 Tbs. of peanut oil and 1 tsp. each of minced garlic and grated ginger. Cook until the leaves are wilted and the stems are crisp-tender, about 3 minutes. Drizzle with 1 tsp. each of reduced-sodium soy sauce and toasted sesame oil. Makes four 1-cup servings.

PER SERVING—Cals: 60 / Sat Fat: 0.5 g / Protein: 2 g / Carbs: 3 g / Fiber: 1 g / Sodium: 120 mg



