



American
Heart
Association.



BUILDING HEALTHY PLANT-FORWARD MEALS

Healthy eating looks different for everyone. On a plate. In a bowl. Held in your hands. Make it your own.

Shifting to plant sources of protein is a simple way to eat better—it can improve your heart health, aid in digestion and help you feel fuller. And you won't have to overhaul the dishes you love.

SATISFYING SNACK PLATES

Building a plate with staying power doesn't mean spending hours in the kitchen.

- **Bean-based dips** like hummus add protein and fiber. Pair with carrots, cucumbers, bell peppers or cherry tomatoes for a quick, colorful snack.
- **Make your own hummus** with canned chickpeas and tahini, a sesame seed butter. No tahini on-hand? Try it with peanut butter for a fun flavor twist.

BRILLIANT BOWLS

Stews, soups, grain bowls and pasta really shine when you put plant sources of protein at the center for a satisfying, easy-to-make meal.

- **Soy foods**, like tofu and edamame, are a heart-healthy source of protein and fiber that can bring a little creamy and a little crunchy to your soba noodle bowl.
- **No tofu on hand?** No problem! Shelled edamame, often available fresh or frozen, pairs deliciously with white beans, chickpeas or kidney beans. Simply open a can, rinse and drain, then toss your beans right into the bowl.
- **If tofu's a new food for you**, pressing out excess water is an essential first step for flavor and a more firm texture. Place a few paper towels over and under the tofu and a heavy book on top. After a few minutes, your tofu is ready to cube or crumble.

HEARTY HANDHELD

Burritos, flatbreads, sandwiches, tacos, tortas and wraps make eating on the go easy and convenient.

- **Black beans and chicken** make a dynamic duo in these tacos, shifting some animal to plant sources of protein. The onion, bell pepper, corn and beans boost fiber. With cilantro and lime, they bring flavor and nutrition to every bite.
- **If you prefer lean ground beef or pork**, mix with cooked lentils to shift from animal to plant sources of protein and boost the fiber with a similar texture and flavor.
- **Prefer a crispy shell?** Fill your tortilla with the taco ingredients, place it on a baking sheet, and lightly spray with olive oil. Bake or air-fry for a few minutes until golden and crisp.



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