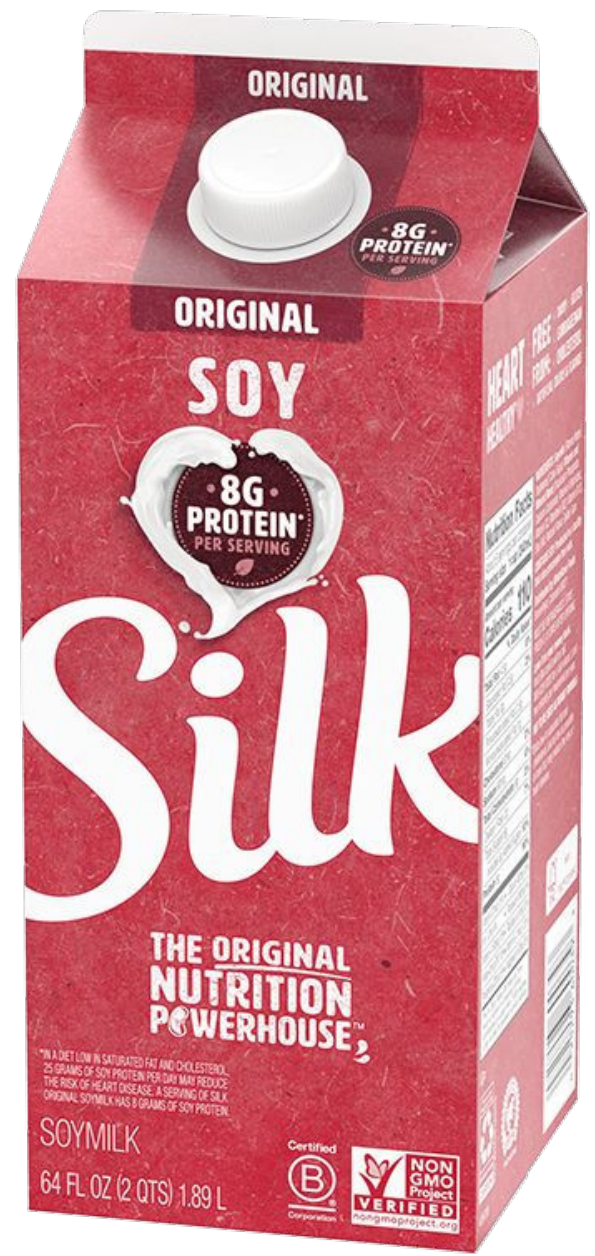


PLANT-BASED PROTEIN POWER



Soymilk
8 grams/cup



Beans
8 grams/cup



Nut Butter
7 grams/ 2 tablespoons



Pumpkin Seeds
14 grams/cup



Tofu
22 grams/half cup



Quinoa
8 grams/cup



Edamame
13 grams/cup



Chickpea Pasta
14 grams/ half cup
cooked



Nuts*
6 grams/oz
*depends on type of nut



Chia Seeds
12 grams/1/4 cup

STUFFED SWEET POTATOES WITH BEANS AND GUACAMOLE

2 medium sweet potatoes
2 tablespoons of vegetable oil
1 teaspoon of kosher salt
½ teaspoon of cayenne pepper
½ teaspoon of ground cumin
1 red onion coarsely chopped
15.5 ounce can of black beans
rinsed and drained
¾ cup of vegetable broth
1 ripe avocado
3 tablespoons chopped cilantro
2 tablespoons of fresh lime juice
2 cups baby spinach

1. Preheat oven to 450°F. Cut potatoes in half lengthwise and toss with 1 Tbsp. oil, ½ tsp. salt, ¼ tsp. cayenne pepper and ¼ tsp cumin. Roast cut side up for 25 minutes or until fork-tender.
2. While potatoes are roasting, heat remaining oil in skillet over medium heat. Add onion and half of garlic. Once onions are translucent (about 2-3 minutes) add beans, broth, ¼ tsp of salt and remaining cayenne and cumin and cook for 10 minutes. Add spinach and remaining lime juice for last 30 seconds.
3. Meanwhile mash avocado and remaining garlic in a bowl. Once smooth add 2 Tbsp cilantro, 1 Tbsp lime juice and remaining salt.
4. Remove sweet potato, use the back of spoon to push down center and spoon in bean mixture and top with avocado mixture and remaining cilantro.

Recipe from epicurious

All protein amounts can vary on type and serving size

