

# Meatless Meals

Meatless meals add variety to family meals.

Many meatless dishes offer more fibre and are often less expensive than dishes that contain meat.



Pulses (peas, chickpeas, beans, lentils) are high in protein and fibre and low in fat. They are often used in place of meat in a recipe.

Many meatless meals have international flair, such as the recipe below.

Try one meatless meal a week.

For recipes and information on pulses visit [www.saskpulse.com](http://www.saskpulse.com)

Here are some ways to serve meatless meals:

- Use chickpeas, black beans or other beans to make dips such as hummus
- Puree cooked beans or lentils. Add to tomato sauce for pasta or tacos
- Add lentils or split peas to soup and casseroles
- Put cooked chickpeas or lentils on a pizza
- Nuts, seeds or chickpeas go well in a salad or stir fry
- Make chili with beans, and skip the ground beef
- Use beans as a topping in quesadillas or burritos



## Teriyaki Rice Noodles with Veggies and Beans

- ◆ 2 cups brown rice noodles
  - ◆ 1 Tbsp. cooking oil
  - ◆ 1 small onion, diced
  - ◆ 1 cup chopped celery
  - ◆ 2 cups chopped carrots
  - ◆ 2 cloves garlic, chopped
  - ◆ 2 cups broccoli florets
  - ◆ 1/2 cup reduced sodium teriyaki sauce
  - ◆ Dash of hot pepper sauce
  - ◆ 1 can ( 540 ml) mixed beans, drained and well rinsed
1. Prepare rice noodles according to package directions. Drain and set aside.
  2. In a large skillet, heat oil over medium heat. Sauté onion, carrots and celery until onions are softened, about 5 minutes. Add garlic and broccoli; cover and cook for 5 minutes. Stir in teriyaki sauce, hot sauce, beans and rice noodles; cover and cook for 5 minutes.