

MODULE 3

Cooking Vegetarian Style

The purpose of this module is to introduce participants to easy, tasty and healthy vegetarian meals. Participants will learn about the health benefits of a vegetarian style of eating and how to prepare vegetarian ingredients including whole grains, soy foods and beans and lentils. Participants will discover how to use these ingredients as they practice simple cooking techniques.

Learning objectives

By the end of the session participants will be able to:

- Discuss the health benefits of a vegetarian style of eating that emphasizes plant foods.
- Identify and prepare whole grains (e.g. quinoa, bulgur, brown rice).
- Identify and prepare tofu and other soy foods.
- Use canned beans and lentils in simple recipes.
- Use a variety of cooking techniques for vegetarian meals (e.g. preparing whole grains, sautéing, stir-frying, microwaving).
- Demonstrate safe use of knives and appliances.

Suggested outline

Cooking Vegetarian Style	Approximate Time
• Welcome and Introduction	5 min
• Health and nutrition benefits of a vegetarian style of eating	10 min
• Introduction to whole grains, beans and lentils and tofu	10 min
• Review of Recipes and techniques	10 min
• Hands on cooking <ul style="list-style-type: none">○ kitchen safety○ cooking techniques (preparing whole grains, sautéing, stir-frying, microwaving)	60 min
• Tasting	10-15 min
• Clean up	10-15 min
	2 hours

Organizing the hands-on cooking

The modules are designed to provide hands-on cooking experience for participants. Each cooking session will require planning and preparation. Begin by reviewing the background information provided at the beginning of the module.

The optimal group size is 6-12 participants. Divide participants into three small groups. Each group will be responsible for the preparation of **one** recipe. For smaller groups or if your budget is limited, you may choose to divide participants into two groups. In this case, you will choose only two recipes for the groups to prepare.

Since participants will be preparing the recipes, there is no need to prepare anything in advance. However, if you choose to use dried beans and lentil rather than canned, you will need to soak and cook them in advance.

You will need to prepare “stations” for each group. At each station, include the supplies, ingredients and equipment that will be needed for the preparation of the assigned recipe.

Ask groups to work together to prepare their assigned recipe. Encourage them to carefully read and follow the steps on the recipe. Check-in with each group throughout the session to provide guidance and demonstrate techniques as required.

A minimum of two facilitators is recommended. However, the overall skill level of participants will determine how many facilitators will be required to deliver this module. Groups with more advanced skills can work independently with less guidance from the facilitator(s).

Participants within the group will likely have varied skill levels. Try to include participants with fewer skills with a group of participants with more advanced skills.

Important note: All the recipes in this module require preparation on the stove top. If you only have one stove, have two groups prepare the vegetarian chili and the quinoa and lentil pilaf first. Leave these to simmer on the back burners while the third group begins cooking the tofu vegetable stir-fry. Prepare the brown rice in the microwave. If you choose to prepare rice on the stove top, you will need to allow more time.

Preparation checklist

Handouts

- Dietitians of Canada: I recently became a vegetarian. Is it possible to get all the nutrients I need on a vegetarian diet?*
www.dietitians.ca
- Cooking with Whole Grains*
- Cooking with Beans and Lentils*
- Cooking with Soy Foods*

Recipes

- Quinoa and lentil pilaf
- Vegetarian chili
- Tofu vegetable stir-fry with brown rice

Equipment and Supplies

Quinoa and lentil pilaf:

- sharp knives
- cutting board
- measuring cups and spoons
- can opener
- strainer
- medium sauce pan
- large spoon
- fine grater or lemon zester

Vegetarian chili:

- strainer
- sharp knives
- vegetable peeler
- spoon
- cutting board
- measuring cups and spoons
- large saucepan
- large spoon

Tofu vegetable stir-fry with brown rice:

- sharp knives
- cutting board
- vegetable peeler
- measuring cups and spoons
- large skillet

- large spoon
- can opener
- strainer
- large microwave safe bowl
- spoon and fork

Other items required:

- serving and eating utensils
- plates
- napkins
- dish soap, dish cloths, and dish towels
- paper towel
- oven mitts

Ingredients

- olive oil
- pepper

Quinoa and lentil pilaf:

- 1 small onion
- 4-5 celery stalks
- 1 tsp curry powder (optional)
- ½ tsp cumin
- 1 can (19 oz/540 mL) lentils
- ½ cup quinoa
- ½ cup vegetable stock
- 1 lemon
- ½ red pepper

Vegetarian chili:

- 2 onions
- 1 green pepper
- 2 garlic cloves
- 3 medium potatoes
- 1 butternut squash
- 2 Tbsp chili powder
- 1 tsp cumin
- 1 can (28 oz/796 mL) stewed tomatoes
- ¼ cup bulgur
- 1 can (19 oz/540 mL) red kidney beans

Tofu vegetable stir-fry with brown rice:

- 1 package (12.3 oz/340 g) firm tofu
- ¼ cup soy sauce
- 2 garlic cloves

- 1 onion
- ginger root
- cabbage
- 2 cups mushrooms
- 2 carrots
- ½ red pepper
- 1 tsp sesame oil (optional)

Background information for the leader

Nutrition Benefits of a Vegetarian Style Eating

A vegetarian eating style that emphasizes plant foods is a healthy approach to eating. Plant foods are filled with compounds and nutrients that promote health and prevent disease.

- Plant foods provide phytonutrients. These are compounds found only in plants that help reduce the risk for heart disease, cancer, and other diseases.
- Plant foods contain fibre, which is associated with a lower risk for cancer, heart disease, and obesity.
- Plant foods are low in saturated fat. Saturated fat is linked to an increase risk of heart disease.
- Some plant foods, like olives, avocado and nuts, are high in total fat, but they contain healthy types of fat. Unlike saturated fat, healthy fats may reduce the risk of heart disease.

Studies have also shown that a well-planned vegetarian eating plan can help protect against:

- heart disease
- high blood pressure
- type 2 diabetes
- obesity
- some cancers
- high cholesterol
- gallstone and intestinal problems.

A well-planned vegetarian style of eating is safe and healthy for pregnant and breastfeeding women, babies, children, teens and seniors.

There are many different kinds of vegetarian eating styles. Some require greater planning to make sure that enough nutrients are included.

Vegan

A vegan eating pattern is based entirely on plant foods. It excludes meat, fish, poultry, dairy and eggs or products containing these foods. While a vegan eating pattern has many potential health benefits, it takes extra planning to make sure that enough nutrients like protein, iron, zinc, calcium, vitamin D, vitamin B12 and omega-3 fats are included.

Lacto-ovo vegetarian

A lacto-ovo vegetarian eating pattern is based on plants foods but also includes dairy products and eggs. As with other vegetarian eating styles there are health benefits, but extra planning is required to make sure that enough nutrients like protein, iron, zinc and omega-3 fats are included.

Pesco-vegetarian (Pescetarian)

A pesco-vegetarian eating pattern focuses on plant foods but also includes fish and seafood, dairy products and eggs. As long as healthy choices are made, this pattern of eating should supply all essential nutrients.

Flexitarians

Flexitarian is a relatively new term for a type of “on and off” vegetarian who eats a basic lacto-ovo vegetarian eating pattern with the addition of meat products on occasion. This is a great way to enjoy the health benefits of a plant based eating style without having to eliminate meat altogether.

Do Vegetarians Get Enough Protein?

Protein is essential for health. The building blocks of protein are amino acids. Some amino acids are *non-essential*, meaning the body can make its own supply. There are eight amino acids that are *essential*, meaning the body must get a supply from food.

'Complete protein' means that all eight essential amino acids are present in the correct proportion. Animal sources of foods have complete proteins. Some foods such as soy and quinoa also have complete proteins.

'Incomplete protein' refers to foods which are low in one or more of the essential amino acids. Most plant foods have incomplete proteins.

As long as vegetarians are eating a variety of plant proteins, there is no need to worry about complete and incomplete protein. Different plant foods contain different amino acids. As long as a variety of plant foods are consumed, the body can make enough complete protein over the course of the day. It is not necessary for vegetarians to combine specific protein foods at one meal to make complete protein.

Cooking with Whole Grains

Canada's Food Guide recommends that Canadians get at least half of their grain servings as whole grains. Whole grain choices include barley, brown rice, oats, quinoa, wild rice and breads, cereals and pastas made with whole grains.

What are Whole Grains?

Whole grains are grains which have undergone the least amount of processing. This means that all three parts of the grain are preserved, including the bran, germ, and endosperm.

- The **bran** is the protective covering of the grain and provides fibre, B vitamins, and minerals.
- The **germ** nourishes the seed and is the source of new growth in the plant. It provides mostly vitamins, including B vitamins and vitamin E, minerals and healthy fats.
- The **endosperm** is the inner seed and provides carbohydrate and protein. It also provides vitamins and minerals.

Most of the grains in the typical Canadian diet such as white wheat flour, white rice, pearled barley and cornmeal are highly refined. When whole grains are refined, the bran and germ layers, which contain important nutrients, are removed. Only the grain's endosperm layer – the least nutritious part of the grain - remains in the flour.

In Canada, non-whole grain breads and pasta are made partly or entirely with white flour that has been “enriched”. While refined grains have some of the nutrients added back, they are far less nutritious than whole grains.

Whole wheat” and “multigrain” products may not be 100% whole grain.

Some whole wheat flours may have much of the nutritious germ layer removed. The labeling laws in Canada allow companies to call their product whole wheat even if it is partially refined. Look for products made with 100% *whole grain* whole wheat.

“Multigrain” products can also be misleading. Some are whole grain, but others may contain mostly refined white flour. Look for products with the word “whole” listed in the top few ingredients.

Health Benefits of Whole Grains

Whole grains are packed with vitamins and minerals. They also contain fibre, beneficial fatty acids, antioxidants and phytonutrients. These compounds work together to promote health and prevent disease. Studies have shown that whole grains may protect against:

- heart disease

- type 2 diabetes
- some cancers
- constipation
- bowel disease.

The ABC's of Some Popular Whole Grains

Amaranth*

- tiny, circular grain
- cream-colour
- store in a tightly sealed container, in the refrigerator
- mild, sweet, nutty flavour
- boil it as hot cereal, or ground into flour for breads, muffins, pancakes, and pastas, popped like popcorn, or toasted in a stir-fry

Bulgur

- produced from wheat
- ranges in colour from cream to brown, similar in appearance to sunflower seeds
- store in a tightly sealed container, in the refrigerator
- has a mild nutty flavour
- since it's precooked, it is quick to prepare as a side-dish, pilaf or salad

Millet*

- tiny, circular granules
- colour ranges from white to gray to yellow to red
- store in a tightly sealed container, in the refrigerator
- slightly sweet, nut-like flavour
- is used as a side dish similar to couscous or rice, or for hot breakfast cereal

Quinoa*

- small, circular granules
- pale yellow in colour
- store in a tightly sealed container, in the refrigerator
- slightly nutty flavour
- used as a side dish, in soups, as a base for salad, or cooked as hot cereal

Spelt

- oval in appearance
- yellow-brown
- store in a tightly sealed container, in the refrigerator
- deep nut-like flavour
- a distant cousin to wheat, it can be ground into flour to be used in breads, baked goods, and pasta, but it can also be prepared as an alternate to rice

Triticale

- a hybrid between wheat and rye, and looks similar to both grains
- comes as cracked, flaked or as flour

- store in a tightly sealed container, in the refrigerator
- a substitute for both rye and wheat in recipes and can be used in breads, muffins, pasta, waffles, and cereals

Other whole grains include barley, brown rice*, buckwheat*, corn*, kamut, oats, rye, sorghum, and wheat

**gluten free whole grains*

Preparation

Whole grain (1 cup)	Amount of water	Bring to a boil, then simmer for	Cooked amount
Amaranth	2 cups	20-25 minutes	3 1/2 cups
Bulgur	2 cups	10-12 minutes	3 cups
Millet, hulled	2 1/2 cups	25-35 minutes	4 cups
Quinoa	2 cups	12-15 minutes	3+ cups
Spelt	4 cups	soak overnight then cook 45-60 minutes	3 cups
Triticale, flaked	2 cups	12-15 minutes	2+ cups

Adapted from materials produced by www.eatrightontario.ca

Cooking with Beans and Lentils

Canada's Food Guide recommends eating meat alternatives, like beans and lentils, more often. One Food Guide serving is $\frac{3}{4}$ cup (175 mL) of cooked or canned beans or lentils.

Beans and lentils can be an important part of a healthy eating plan for people who are following a vegetarian diet, looking to lose weight, reduce blood cholesterol or manage diabetes.

Beans and lentils are high in fibre and protein. They are a good source of folate, potassium and iron. They are also naturally low in fat and sodium.

Dried beans and lentils have no sodium (salt) but canned beans and lentils do. Reduce the sodium by draining and rinsing canned beans and lentils under cold, running water.

There are many varieties of beans available both dried or canned:

- Chickpeas (also called garbanzo beans)
- Black beans
- Navy beans
- White kidney beans (also called cannellini beans)
- Adzuki beans (also called red bean and used in Chinese cuisine as red bean paste)
- Pinto beans
- Baked beans
- Dark red kidney beans
- Light red kidney beans
- Romano beans (also called cranberry beans)
- Soybeans
- Fava beans (also called broad beans)
- Lima beans
- Red lentils
- French lentils (grayish-brown)
- Yellow lentils
- Beluga lentils (black)

Tips for Cooking Beans and Lentils

Canned beans and lentils

Canned beans and lentils are cooked and ready to eat or add to your favourite dish. Always drain and rinse well to lower the sodium and remove the gas-producing compounds.

Dried beans

- Spread beans on a cookie sheet. Remove any small stones and beans that are cracked or discoloured. Place the rest of the beans in a bowl and rinse well.
- Soak beans in a large pot. Add four times more water than beans. You can leave the pot on the counter for 6-10 hours (overnight), or boil for two minutes, remove from heat and let stand for one hour.
- Drain and rinse well.
- Return beans to the pot with fresh water. Bring beans to a boil and remove any foam.
- Reduce the heat and add seasonings (cumin, coriander, chili, onion, garlic, ginger) and simmer, partly covered, until they taste tender (1-2 hours). (Tomato products, lemon, sugar, salt and vinegar all slow down cooking, so add these ingredients during the last 10-15 minutes of cooking.)
- 2 cups (500 mL) of dried beans make 4-6 cups (1L-1.5L) of cooked beans (depending on the type).

Dried lentils

- For dried lentils, lay flat on a cookie sheet and pick out any stones. Then rinse and simmer in low-sodium broth or water for 20-30 minutes, until tender.
- Dried lentils can double in size when cooking, so be sure to use a large pot or pan. Add 1 tsp (5 mL) of oil to prevent foam from forming.
- When cooked, green and French (brown) lentils keep their shape. The other varieties, such as red and yellow lentils, and split lentils, will become soft, like a puree. These are great for soups, dips or even baby food.
- 1 cup (250 mL) of dried lentils will produce 2.5 cups (625 mL) of cooked whole lentils or 2 cups (500 mL) of cooked split lentils.

Cooking with Soy Foods

Soy is a plant that produces beans that can be made into a wide variety of foods, such as soy beverages and tofu.

Soy and nutrition

Soy is a very good source of high quality protein. The quality of the protein in soy is similar to that found in meat, milk and eggs. This is one reason why soy products are often used as meat alternatives. Other nutrients found in soy products are iron, fibre, calcium, zinc and B vitamins.

Canada's Food Guide recommends eating meat alternatives, like tofu more often. One [Food Guide](#) serving is 150 grams or $\frac{3}{4}$ cup (175 mL) of tofu. Fortified soy beverage is a milk and alternative. One Food Guide serving is 1 cup (250 mL).

Soy and health

Soy is a source of isoflavones, a [phytonutrient](#). Isoflavones are believed to affect how our bodies use the hormone estrogen. There has been a lot of research on how isoflavones may impact our health, but so far the results of the research are still unclear.

Here is what we do know:

Heart Health – Adding more soy rich foods to your diet may be helpful in controlling blood pressure, reducing blood cholesterol and improving vascular function.

Menopause – A few servings of soy rich foods each day may help to reduce some of the symptoms of menopause, like hot flashes.

Breast cancer – The research on whether soy helps to prevent breast cancer is unclear. Include soy foods as part of a healthy diet, but taking soy supplements is not recommended.

Popular soy foods

Tofu (soybean curd)

Tofu is a soft-cheese like food that comes in a variety of textures. Firmer tofu is used for grilling, soups and stir-fries, while softer versions can be blended or pureed into smoothies, mousses and dips. While naturally very bland, tofu is so versatile because it will absorb the flavours of the foods it is cooked with. Using a marinade is a great way to infuse flavour. The nutritional value of tofu will vary so always read the label.

Soy beverages

Soy beverages are made from soybeans that have been soaked, ground, and strained to produce a fluid called soybean milk. It is a great source of high quality protein and B vitamins. Many soy beverages are fortified with calcium and vitamin D, and are popular substitutes for individuals who cannot tolerate cow's

milk. The soybean milk is also be used to make cheese, yogurt and frozen desserts for people with a lactose intolerance or who are vegan.

Soybeans

Soybeans come in yellow, black and brown varieties. They are rich sources of protein and fibre. Dry soybeans need to be soaked overnight and then cooked before using. Add them to soups, stews and sauces, or roast them in the oven for a tasty snack.

Edamame (green soybeans)

Edamame are soybeans that are harvested when they are still young. Edamame are rich in protein and fibre. Look for shelled or whole pod edamame in the frozen food section of your grocery store. After boiling, add them to soups, salads or eat them from the pod as a snack.

Tempeh

This is a popular Indonesian food. It is a chunky and tender soybean cake with a smoky or nutty flavour. Tempeh is often marinated and then grilled. Add it to soups, casseroles or chillies.

Miso

Usually found in a paste form, miso is made from soybeans, grains (usually rice) and salt. Popular in Japanese cooking, miso can be used to flavour soups, sauces and marinades.

Soy protein products

These meat substitutes are usually made from soybeans, tofu and other ingredients. Popular ones are those that can be used instead of hamburgers, hot dogs and sausages. The nutritional value of these products can vary widely, so always read the label.

Soy sauce

Soy sauce is made from fermented soy beans. It is used as a condiment to flavour Asian dishes. It is high in sodium and doesn't have the nutritional benefits of other soy products.

Adapted from materials produced by www.eatrightontario.ca

Related CFA Presentation Kits

Food Safety (2009)

Vegetables and Fruit, Everyday (2010)

LESSON

Each cooking session will require planning and preparation. Begin by reviewing the background information provided at the beginning of the module. Depending on group size, organize participants into two or three small groups. Each group will be responsible for the preparation of **one** recipe. Choose the recipes and prepare “stations” for each group. At each station, include the supplies, ingredients and equipment that will be needed for the preparation of the assigned recipe(s).

Welcome and Introduction

5 minutes

- Begin this lesson by welcoming participants back. Ask if they tried any of the recipes or practiced any of the skills discussed in the previous module.

Review the objectives of this module:

“This module will introduce you to easy, tasty and healthy vegetarian meals. You will learn about the health benefits of a vegetarian style of eating and how prepare vegetarian ingredients including whole grains, soy foods and beans and lentils. We’ll practice cooking techniques as we prepare vegetarian recipes together”

- Warm-Up

Ask participants to share a favourite meal that focuses on plant foods (e.g. stir-fries, vegetarian chili, vegetable soups, salads, bean/lentil casseroles.)

Review the plant foods that are present in the meal (e.g. whole grains, beans, lentils, soy foods, vegetables, fruit, nuts/seeds).

Health and nutrition benefits of a vegetarian style of eating

10 minutes

- Discuss the health benefits of a vegetarian style of eating. Ask participants the following questions:
 - What is it about plant foods that make them so healthy?
 - What types of diseases can a vegetarian style of eating protect against?

Review the following health benefits:

- Phytonutrients are compounds found only in plants that help reduce the risk for disease.
- Plant foods are high in fibre.
- Plant foods are low in harmful saturated fat. Plant foods that are high in fat contain mainly healthy types of fat (e.g. avocado, nuts/seeds)

vegetable oils)

- Studies have also shown that a well-planned vegetarian eating plan can help protect against:
 - heart disease
 - high blood pressure
 - type 2 diabetes
 - obesity
 - some cancers
 - high cholesterol
 - gallstone and intestinal problems.
- A well-planned vegetarian style of eating is safe and healthy for pregnant and breastfeeding women, babies, children, teens and seniors.

Encourage participants to keep an open mind to vegetarian-style meals. Remind them that a style of eating that emphasizes plant foods does not mean eliminating meat and animal foods altogether. Briefly review the different types of vegetarians:

- **vegan** – avoids all animal foods
- **lacto-ovo vegetarian** – includes dairy products and eggs
- **pesco-vegetarian** – includes fish, dairy products and eggs
- **flexitarian** – follows a pesco-vegetarian eating style but includes occasional and small amounts of meat.

Focus on the “flexitarian” style of eating for those who are interested in trying out a vegetarian eating pattern.

Remind participants of the importance of a well-planned vegetarian style of eating. Distribute the handout to those who are interested: *Dietitians of Canada: I recently became a vegetarian. Is it possible to get all the nutrients I need on a vegetarian diet?*

Introduction to whole grains, beans and lentils and tofu

10 minutes

- Distribute the handout: *Cooking Vegetarian Style* to help you introduce the following vegetarian ingredients:
- whole grains
 - beans and lentils

- tofu
- If possible, show participants examples of different types of whole grains, beans and lentils and tofu.
- Review basic cooking methods for whole grains, canned and dried beans and lentils and tofu.
- Present ideas for using vegetarian ingredients in meals.

Review of Recipes and Techniques

10 minutes

- Review safe food handling practices (e.g. frequent handwashing, sanitizing surfaces)
- Discuss the preparation and cooking techniques that will be used:
 - sautéing
 - stir-frying
 - preparing rice in the microwave
 - rinsing canned beans and lentils
 - preparing quinoa, bulgur
- Introduce the recipes and review the following:
 - ingredients (explain anything unfamiliar)
 - steps involved in the recipes
 - alternate ingredients and/or cooking methods
 - helpful tips

Hands-on Cooking

60 minutes

- If you have not already done so, organize participants into two or three small groups. Each group will be responsible for the preparation of **one** recipe.
- Review kitchen safety such as preventing cuts, burns, fires, electrical shocks and falls.
- Encourage participants to clean as they go to minimize clean-up at the end of the session.
- Visit each group throughout the hands-on cooking portion of this module. Help each group with the correct and safe preparation of the assigned recipes. Demonstrate skills and provide guidance as necessary. Some of the skills that you may need to review or demonstrate include:
 - safe food handling practices
 - safe handling of knives for chopping, dicing, mincing, etc.
 - zesting a lemon
 - rinsing canned beans and lentils

- sautéing
- stir-frying
- safe use of the microwave

Tasting**10-15 minutes**

- Encourage participants to taste the recipes that were prepared. Ask participants to share their experiences. What worked well? What were the challenges? Will they try the recipe at home?

Clean Up**10-15 minutes**

- Ensure that all participants help with washing dishes, cleaning the work surfaces and storing food in the proper locations.

RECIPES

Recipe #1: Quinoa and Lentil Pilaf

Recipe #2: Vegetarian Chili

Recipe #3: Tofu Vegetable Stir-fry with Brown Rice

Note: *All the recipes require preparation on the stove top. If you only have one stove, have two groups prepare the vegetarian chili and the quinoa and lentil pilaf first. Leave these to simmer on the back burners while the third group begins the tofu vegetable stir-fry. Prepare the brown rice in the microwave. If you choose to prepare rice on the stove top, you will need to allow more time.*

RECIPE #1: Quinoa and Lentil Pilaf

1 Tbsp	olive oil	15 mL
½ cup	onion, diced	125 mL
1 cup	celery, diced	250 mL
1 tsp	curry powder (optional)	5 mL
½ tsp	ground cumin	2 mL
½ cup	canned lentils, rinsed	125 mL
½ cup	quinoa	125 mL
½ cup	water	125 mL
½ cup	vegetable stock	125 mL
1 Tbsp	lemon zest	15 mL
1 Tbsp	lemon juice	15 mL
¼ cup	red pepper, finely diced	50 mL
	pepper to taste	

1. In a medium sauce pan, heat oil over medium heat. Add onions, celery and curry powder. Cook 10 minutes or until vegetables are tender.
2. Using a strainer, rinse quinoa under cold water and drain well. Add cumin, quinoa and lentils to the vegetables. Stir for 1 minute.
3. Add water, stock, lemon zest and lemon juice. Bring to a boil
4. Cover and reduce heat to low. Simmer for 15 to 20 minutes or until liquid is absorbed. Stir in red pepper. Season with pepper.

Makes 4 servings.

RECIPE #1: Helpful Tips

What is Quinoa?

Quinoa (pronounced keen-wa) is an ancient grain from South America that is considered a complete protein. It can be used in any recipe in which you would use rice, and can be served hot or cold. Try it as a side dish, in soups, as a base for salad or cooked as hot cereal.

How to Zest a Lemon

Zest is the outside rind of citrus fruits like oranges and lemons. It is used in recipes because it has a strong citrus flavour.

Use a special tool called a zester to remove the zest. You can also use a sharp paring knife or vegetable peeler. Peel off only the coloured part of the rind. The white pith under the rind can be bitter. Chop or mince the zest before adding it to the recipe.

Some recipes call for grated zest. Use a hand-held grater to grate the lemon. Be careful to grate only the coloured part of the rind.

Rinsing canned lentils

Canned beans are packed in a liquid that is high in sodium (salt) and contains gas-producing compounds.

To wash canned lentils, pour them in a colander, rinse well with cold running water, and swish around until most of the water drains off. If you don't use the whole can, toss the remaining lentils with a splash of vinegar to preserve them longer. Store them in an airtight container in the refrigerator for up to a week. Do not store in the can.

RECIPE #2: Vegetarian Chili

1 Tbsp	olive oil	15 mL
2	small onion, diced	2
1	green pepper, diced	1
2	cloves garlic, minced	2
3	potatoes, peeled and cubed	3
2 cups	butternut squash, peeled and cubed (about half a medium squash)	500 mL
2 Tbsp	chili powder	25 mL
1 tsp	ground cumin	5 mL
¼ tsp	pepper	1 mL
1	can (28 oz/796 mL) stewed tomatoes	1
½ cup	water	125 mL
¼ cup	bulgur	50 mL
1	can (19 oz/540 mL) red kidney beans, drained and rinsed	1

1. In a large saucepan, heat oil over medium-high heat. Add onions, green pepper and garlic. Cook until slightly softened, about 4 minutes.
2. Add potatoes and squash. Sprinkle with chili powder, cumin and pepper. Cook for 30 seconds.
3. Stir in tomatoes, water and bulgur. Bring to a boil. Reduce heat and simmer until potatoes and squash are tender, about 45 minutes, stirring occasionally.
4. Stir in kidney beans and cook just until heated through.

Makes 6 servings.

RECIPE #2: Helpful Tips

What is bulgur?

Bulgur is a form of whole wheat similar to cracked wheat. The main difference is that bulgur is pre-cooked so it is ready to eat with very little cooking. Bulgur has a nut-like flavour and is high in fibre and nutrients. It can be in salads, soups, casseroles and baked goods. It can also be used as a meat substitute in vegetarian recipes like chili and meatless burgers.

How to cut butternut squash

- Use a sharp knife to cut one inch from the top and bottom of the squash. Discard.
- Use a vegetable peeler or paring knife to peel away the thick skin.
- Scoop out the seeds and membranes with a spoon. Discard.
- Use a sharp knife to cut the squash into rounds about a half inch thick. Then cut into cubes. Always cut away from yourself.

Rinsing canned beans

Canned beans are packed in a thick liquid that is high in sodium (salt) and contains gas-producing compounds.

To wash canned beans, pour them in a colander, rinse well with cold running water, and swish around until most of the water drains off. If you don't use the whole can, toss the remaining beans with a splash of vinegar to preserve them longer. Store them in an airtight container in the refrigerator for up to a week. Do not store in the can.

RECIPE #3: Tofu Vegetable Stir-Fry

1	package (12.3 oz/349 g) firm tofu	1
¼ cup	soy sauce	50 mL
2	cloves garlic, minced	2
2 Tbsp	olive oil	25 mL
1	onion, sliced	1
2 Tbsp	ginger root, minced	25 mL
3 cups	cabbage, sliced	750 mL
2 cups	mushrooms, sliced	500 mL
1 cup	carrots, sliced	250 mL
½	red pepper, sliced	½
1 tsp	sesame oil (optional)	5 mL

1. Cut tofu into small cubes. Place in a shallow dish. Combine soy sauce and garlic and pour over tofu. Set aside.
2. In a large skillet, heat olive oil over medium-high heat. Cook onion and ginger until onion is softened, about 2 minutes. Stir in cabbage, mushrooms, carrots and red pepper. Cover and cook for 2 to 3 minutes or until softened.
3. Add tofu mixture, stir-fry for 2 minutes. Stir in sesame oil

Makes 6 servings.

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www.foodland.gov.on.ca

Tips for slicing vegetables:

Use a large sharp knife. Always cut away from yourself.

Onions: slice onions in half, then lay the flat side down. Slice thinly.

Cabbage: slice cabbage in quarters, then lay the flat side down. Slice thinly.

Mushrooms: Use a soft brush or damp paper towel to gently wash mushrooms. Slice in half, then lay cut side down. Cut into thin slices.

Carrots: cut off ends and peel with a vegetable grater. Slice into thin rounds.

Red pepper: cut off top and bottom, then cut in half. Pull out core and seeds. Cut each half into thin slices.

RECIPE #3: Helpful Tips

Tips for stir-frying

- Use a wok or heavy large saucepan or skillet.
- Have all of the ingredients prepared ahead of time. Cut and chop vegetables and mix the sauce before you start cooking.
- Cut foods into the equal size pieces so they cook at the same time.
- Heat a small amount of oil in the pan and then add the foods.
- Start with the longest-cooking foods, like the meat and hard vegetables like onions and carrots.
- Mix the food constantly in the hot pan so it cooks evenly and does not burn.
- If you are using a non-stick wok or pan, use a plastic, or wooden spatula or spoon. Metal utensils will scratch.

Microwave Brown Rice

1 cup	brown rice	250 mL
4 cups	water	1 L

1. Thoroughly wash rice in a strainer until water runs clear.
2. Put rice and water in a large microwave-safe bowl.
3. Cover and microwave on high until water boils; 8 to 10 minutes.
4. Carefully remove the cover and stir. Return to microwave uncovered and continue cooking on high until most of the water is absorbed; about 20 minutes. Check frequently to avoid overcooking. Cooking times will vary depending on the microwave.
5. Remove from microwave and cover with the lid. Fluff the rice with a fork. Let sit for 5 minutes.

Makes 2 cups of rice

HANDOUTS

INSERT HANDOUT

Dietitians of Canada: I recently became a vegetarian. Is it possible to get all the nutrients I need on a vegetarian diet?

<http://www.dietitians.ca/getattachment/6c6e507c-39ce-4501-b752-0fe241962429/FactSheet---I-recently-became-a-vegetarian.pdf.aspx>

Cooking with Whole Grains

Canada's Food Guide recommends that you get at least half of your grain servings as whole grains. Whole grains have undergone the least amount of processing. Examples are barley, brown rice, oats, quinoa, wild rice and breads, cereals and pastas made with whole grains.

Whole grains are an important part of a plant-based style of eating. They are packed with vitamins and minerals and contain fibre, healthy fatty acids, and phytonutrients. These compounds work together to promote health and prevent disease.

Cooking with Whole Grains

Whole grain (1 cup)	Amount of water	Bring to a boil, then simmer for	Cooked amount
Amaranth	2 cups	20-25 minutes	3 1/2 cups
Bulgur	2 cups	10-12 minutes	3 cups
Millet, hulled	2 1/2 cups	25-35 minutes	4 cups
Quinoa	2 cups	12-15 minutes	3+ cups
Spelt	4 cups	soak overnight then cook 45-60 minutes	3 cups
Triticale, flaked	2 cups	12-15 minutes	2+ cups

Adapted with permission from materials produced by www.eatrightontario.ca

5 Things to do with Whole Grains

1. **100% Whole Grain Breads** – substitute white breads for 100% whole grain or 100% whole grain whole wheat breads.
2. **Bulgur** – make a tabbouleh salad by mixing 1 cup cooked bulgur with 1 diced tomato, ½ cup chopped cucumber, ½ cup finely chopped parsley (or mint), 1 Tbsp olive oil, and 3 Tbsp lemon juice.
3. **Millet** – make a hot breakfast cereal by combining 1/3 cup millet, ¾ cup water, ½ cup milk, ¼ tsp cinnamon, ½ tsp vanilla and 2 tbsp raisins in a small saucepan. Bring to a boil. Reduce heat to low, cover and simmer for 25 minutes.
4. **Oatmeal** – enjoy large flake or steel-cut oats for breakfast. They take a little longer to cook so make a batch and re-heat leftovers in the microwave the next day.
5. **Quinoa** – make a super quick pilaf by combining 2 cups of cooked quinoa with cooked diced vegetables. Add 1-2 Tbsp of lemon juice. Serve warm or cold.

Cooking with Beans and Lentils

Canada's Food Guide recommends eating meat alternatives, like beans and lentils, more often.

Beans and lentils are an important part of a plant-based style of eating. They are high in fibre and protein. They are a good source of folate, potassium and iron. They are also naturally low in fat and sodium.

Tips for Cooking Beans and Lentils

Canned beans and lentils

- Canned beans and lentils are cooked and ready to eat or add to your favourite dish. Always drain and rinse well to lower the sodium and remove the gas-producing compounds.

Dried beans

- Spread beans on a cookie sheet. Remove any small stones and beans that are cracked or discoloured. Place the rest of the beans in a bowl and rinse well.
- Soak beans in a large pot. Add four times more water than beans. You can leave the pot on the counter for 6-10 hours (overnight), or boil for two minutes, remove from heat and let stand for one hour.
- Drain and rinse well.
- Return beans to the pot with fresh water. Bring beans to a boil and remove any foam.
- Reduce the heat and add seasonings (cumin, coriander, chili, onion, garlic, ginger) and simmer, partly covered, until tender (1-2 hours).

Dried lentils

- For dried lentils, lay flat on a cookie sheet and pick out any stones. Then rinse and simmer in low-sodium broth or water for 20-30 minutes, until tender.
- Dried lentils can double in size when cooking, so be sure to use a large pot or pan. Add 1 tsp (5 mL) of oil to prevent foam from forming.

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5 Things to do with Beans and Lentils

1. Add cooked beans or lentils to leftover rice, pasta, quinoa or bulgur.
2. Add canned lentils to prepared pasta sauce.
3. Add beans or lentils to homemade soups or low-sodium canned soups.
4. Add beans as a topping on pizza.
5. For a quick salad: mix beans with chopped vegetables and salad dressing.

Cooking with Soy Foods

Soy is a plant that produces beans that can be made into a wide variety of foods, such as soy beverages and tofu.

Soy foods are an important part of a plant-based style of eating. Soy is a very good source of high quality protein. Other nutrients found in soy products are iron, fibre, calcium, zinc and B vitamins. Research shows that soy foods may help promote heart health and reduce some of the symptoms of menopause, like hot flashes.

Popular soy foods

Tofu (soybean curd)	Soft cheese-like food. Firmer tofu is used for grilling, soups and stir-fries. Softer tofu can be blended into smoothies, mousses and dips.
Soy beverages	Fortified soy beverages can be used as an alternative to cow's milk.
Soybeans	Soak overnight and then cooked before using. Add them to soups, stews and sauces, or roast them in the oven.
Edamame (green soybeans)	Soybeans that are harvested when they are still young. After boiling, add them to soups, salads or eat them from the pod.
Tempeh	A chunky and tender soybean cake with a smoky or nutty flavour. Tempeh is often marinated and then grilled. Add it to soups, casseroles or chillies.
Miso	A paste made from soybeans, grains and salt. Used to flavour soups, sauces and marinades.
Soy protein products	Meat substitutes that are made from soybeans, tofu and other ingredients. Popular ones are those that can be used instead of hamburgers, hot dogs and sausages.

5 Things to do with Soy Foods

1. Substitute tofu for the ground meat in chilli, tacos or spaghetti sauce.
2. Add steamed soy beans such as edamame to salads or soups.
3. Add cubed tofu to stir-fries instead of meat or chicken.
4. Blend soft (silken) tofu or soy yogurt with fruit and ice for a thick and protein-rich breakfast smoothie.
5. Grill some soy-based burgers and hot dogs at your next barbeque.

ADDITIONAL RESOURCES

Eating Well with Canada's Food Guide
www.healthcanada.gc.ca/foodguide

The New Becoming Vegetarian: The Essential Guide to a Healthy Vegetarian Diet by Vesanto Melina MS RD and Brenda Davis RD.

For nutrition answers, recipes, meal plans and vegetarian info visit: The Vegetarian Resource Group at www.vrg.org

Foodland Ontario
www.foodland.gov.on.ca

EatRight Ontario
www.eatrightontario.ca
or call toll-free to speak to a Registered Dietitian 1-877-510-510-2

Pulse Canada
www.pulsecanada.com

The Ontario Bean Producers' Marketing Board
www.ontariobeans.on.ca

Whole Grains Council
www.wholegrainscouncil.org