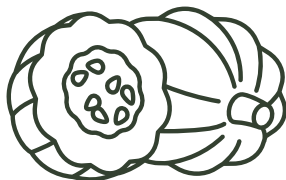


MEATLESS MONDAY MEAL PREP

Using affordable, shelf-stable ingredients!

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FALL FOR THIS VEGGIE CHILI SERVED IN AN ACORN SQUASH



CHILI INGREDIENTS:

- 2-3 tbsp vegetable or olive oil
- 1 chopped onion
- 2 chopped carrots
- 2 chopped celery stalks
- 1 large can of diced tomatoes
- 2-3 cans of beans (garbanzo, black, and/or pinto)
- 2 cups vegetable broth or water
- 3-4 minced garlic cloves
- 1-2 bay leaves
- Spices: Salt, pepper, chili powder, paprika, oregano
- Optional: Jalapeño, green chili, cayenne powder

INSTRUCTIONS:

1. Sauté onion, carrots, and celery with oil in a large pot over medium heat until translucent
2. Add salt and spices, and cook until fragrant (add optional ingredients now if desired)
3. Add tomatoes, beans, broth, and bay leaf
4. Stir to combine and let simmer for ~30 minutes
5. Remove from heat, salt to taste, and serve - or pack into reusable containers for later!

FOR SQUASH BOWL:

1. Heat oven to 400°F
2. Cover the baking sheet in foil or parchment paper
3. Cut the acorn squash in half lengthwise
4. Use a spoon to remove seeds
5. Spread oil, salt, and pepper over each half
6. Place on a baking sheet, with the cut side up
7. Cook for 1 hour (until easily pierced with a fork)
8. Eat as is, or fill with chili for a hearty meal!

SQUASH FACTS

Carotenoids help form Vitamin A to support vision & eye health.

Vitamin C helps your body combat infection and heal wounds.

Vitamin B6 supports your immune system and brain health.

Fiber helps maintain a healthy digestive system and ease weight loss!



SPILLING THE BEANS

ABOUT THE HEALTH BENEFITS OF LEGUMES

Studies have shown that people who eat a diet enriched with at least 1 cup of legumes each day have lower blood sugar, cholesterol levels, and blood pressure compared to those who don't. Legume intake is associated with a decreased risk of heart disease, type 2 diabetes, and colon cancer.

References:

Harvard Nutrition Source
(<https://www.hsph.harvard.edu/nutritionsource/food-features/winter-squash/>)

American Heart Association
(<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/the-benefits-of-beans-and-legumes>)

Recipe adapted from recipes found on:
Monday Campaigns
(<https://www.mondaycampaigns.org/meatless-monday>)





MEATLESS MONDAY KIDS EDITION



HOW MANY VEGGIES DO KIDS NEED EACH DAY?



1/4 cup for 1-year-olds
1/3 cup for 2- and 3-year-olds
1/2 cup for kids 4 and up

The American Heart Association recommends that kids eat a variety of vegetables every day for heart health.

Vegetables contain vitamins, minerals, and fiber. These ingredients work to support healing in the body and decrease fat buildup in the blood. This prevents diseases like diabetes, heart disease, and even cancer!

DINNER: VEGGIE PIZZA

Dough: Pre-made store dough, English Muffins, or Cauliflower pizza crust will work!

Sauce: A can or jar of tomato or pizza sauce

Toppings: Veggies (see below for ideas) and cheese



Cooking Instructions:

- **Pizza Dough:** Let the dough sit on the counter for 1 hour. Then, on a clean surface, sprinkle flour and use a rolling pin to make your pizza base. Preheat the oven to 475°F. Get a baking sheet, line it with parchment paper or flour, and add your pizza base. Place the baking sheet in the oven and cook for 3-5 minutes. Then add the sauce and veggies and cook for another 7-10 minutes until done!
- **English Muffins:** Preheat oven to 350°F. Cut english muffins in half and place them cut-side up on a baking sheet. Place toppings and put them in the oven for 10 minutes until done!
- **Cauliflower Crust:** Place toppings on the crust. Follow the directions on the box you choose for oven temperature and cooking time.



DESSERT CHICKPEA COOKIES

Take 1 cup of chickpeas (drained from the can) and add to ½ cup of almond butter, ¼ cup honey, 1/8 teaspoon baking powder, and 2 teaspoons of vanilla. Mix in a food processor or blender for 2-3 minutes. You want your dough to have a smooth consistency.

Place the mixture in a bowl and add ½ cup of chocolate chips. Once mixed, place 1 tablespoon of dough per cookie onto a baking sheet. Bake for 25 minutes at 350°F.

Fun Fact: Chickpeas are a bean and a vegetable! They are a great source of protein and fiber. They help improve digestion and reduce the risk of heart disease.



EAT THE RAINBOW



Try picking different colored veggies for the pizza. You can choose whatever is available or on sale at the store! Mix and match between cans and fresh veggies, as able.

Some pizza topping ideas are broccoli, tomatoes, spinach, onions, peppers, olives, mushrooms, zucchini, squash, and corn.



References:
American Heart Association. (2018). *Dietary recommendations for healthy children*. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/dietary-recommendations-for-healthy-children>

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Wallace, T. C., Bailey, R. L., Blumberg, J. B., Burton-Freeman, B., Chen, C. O., Crowe-White, K. M., Drewnowski, A., Hooshmand, S., Johnson, E., Lewis, R., Murray, R., Shapses, S. A., & Wang, D. D. (2020). Fruits, vegetables, and health: A comprehensive narrative, umbrella review of the science and recommendations for enhanced public policy to improve intake. *Critical Reviews in Food Science and Nutrition*, 60(13), 2174-2211. <https://doi.org/10.1080/10408398.2019.1632258>



BONUS: SPEND TIME AS A FAMILY

Help your kid create their own pizza, or let them help you make cookies. Cooking is a great way to spend time together as a family!