



Power Up Your Plate With Plant Protein

Plant-based protein is a powerful nutrient that plays an important role in muscle health, healthy aging, and weight control, plus it's also good for the planet and your wallet. Learn more about the many perks of foods rich in plant protein, including beans, and easy ways to incorporate them into an eating plan.



Good for Your Health

The 2015-2020 Dietary Guidelines for Americans recommend consuming more plant-based foods due to their health benefits. Plant-based foods, such as beans, are loaded with nutrients and have been shown to lower risks for heart disease, obesity, hypertension, type 2 diabetes, and certain types of cancer. They also promote healthy vision and skin. The high fiber content of S&W® Beans can help lower cholesterol levels, make you feel full, and control weight and blood sugar levels in people with diabetes.



Good for the Environment

Diets higher in plant-based foods versus animal-based foods can help reduce greenhouse gas emissions and energy, land and water usage. In fact, per gram of protein, production of legumes creates 250 times less emissions than beef and lamb production and 40 times less than pork or poultry. Additionally, including legumes and pulses, such as beans, peas and lentils, into crop rotation improves soil fertility by pulling nitrogen from the air into the soil and reducing erosion.



Good for Your Wallet

Take a walk through the grocery store aisles, and you'll see that plant-based proteins are more affordable than animal-based proteins. Check out these cost-per-serving comparisons:

- Ground beef (3oz): \$0.79
- Chicken breast (3oz): \$0.60
- Pork chop (3oz): \$0.65
- Canned beans (1/2 cup): \$0.33

Prices based on USDA and market data as of September 2017

Easy Ways to Eat More Plant-Based Protein

Many people believe it is difficult to meet protein needs without consuming animal-based foods, but many plant-based foods, such as beans, peas, lentils, nuts, seeds, soy and whole grains, supply a healthy dose; S&W® Beans, for example, provide 6-7g per serving*. Enjoy a variety of these protein-rich foods in meals and snacks throughout the day to ensure you consume all nine essential amino acids, which are the building blocks of protein.

Here are a few ideas to help you get more plant-based protein:

- Replace an animal protein with a plant protein in familiar family favorites. For example, instead of chicken or beef tacos, try black bean and sweet potato tacos.
- Cut back on animal protein instead of completely cutting it out. Begin by replacing half of the meat in a recipe with a hearty plant protein.
- Try some delicious bean-based recipes at www.swbeans.com.
- Add plant-based proteins to salads, soups and stews, pasta or eggs.
- Go meatless for at least one meal per week. The following Black Bean and Walnut Burgers recipe can help get you started!



*Based on S&W® Classic Beans



Black Bean and Walnut Burgers



20 min
Total Time



20 min
Prep Time



4
Servings



(Vegetarian)

Ingredients:

- 1/2 cup water
- 1/2 cup instant brown rice
- 1 (15oz) can S&W® Black Beans (drained, rinsed)
- 1/4 cup chopped walnuts
- 1/4 cup red onion, chopped
- 3 Tbsp. cornmeal (divided)
- 1 tsp. ground cumin
- 1 1/2 tsp. chili powder
- Pinch of ground red pepper (cayenne)
- 1 Tbsp. vegetable oil
- 4 hamburger buns, split

Directions:

In 1-quart saucepan, bring water to a boil. Stir in rice; cover. Reduce heat; cook 5 minutes. Meanwhile, in food processor bowl, combine all remaining ingredients except 2 tablespoons of the cornmeal, the oil and buns. When rice is cooked, add to food processor. Cover; pulse 5 or 6 times or until finely chopped and well combined. If mixture is dry, add 2 to 3 tablespoons water. Pulse to mix, scraping side of bowl if necessary. Form mixture into 4 (1/2-inch-thick) patties, using about 1/2 cup for each. Coat patties with remaining 2 tablespoons cornmeal.

In 12-inch nonstick skillet, heat oil over medium heat. Add patties. Cook 4 to 5 minutes or until browned. Turn; cook 4 to 5 minutes or until deep golden brown and thoroughly heated. Serve in buns with favorite condiments.

Serving Suggestion: Top these flavorful veggie burgers with diced avocado and salsa.

Nutritional Information Per Serving: Calories 340, Total Fat 11g (Saturated Fat 1g, Trans Fat 0g), Cholesterol 0mg, Sodium 420mg, Carb 54g, Fiber 10g, Sugar 5g, Protein 11g, Vitamin A 8%, Vitamin C 4%, Calcium 10%, Iron 20%

Sources:

U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans, 8th Edition (December 2015). Available [here](#).

Melina V, Craig W, Levin S. Position of the Academy of Nutrition and Dietetics: vegetarian diets. *J Acad Nutr Diet*. 2016;116(12):1970–1980.

Turner-McGrievy G, Mandes T, Crimarco A. A Plant-Based Diet for Overweight and Obesity Prevention and Treatment. *Journal of Geriatric Cardiology*. *JGC*. 2017;14(5):369–374.

Mayo Clinic. What are the best foods for healthy skin (2014, December 18). Available [here](#).

American Academy of Ophthalmology (AAO). Four Fantastic Foods to Keep Your Eyes Healthy (2012, May 3). Available [here](#).

Office of Disease Prevention and Health Promotion (ODPHP). Scientific Report of the 2015 Dietary Guidelines Advisory Committee (2015). Available [here](#).

Food and Agriculture Organization (FAO) of the United Nations. Pulses and Climate Change (2017). Available [here](#).

U.S. Department of Agriculture, Bureau of Labor Statistics. Average Retail Food and Energy Prices (2017 September). Available [here](#).

