

National Vegetarian Month

From the desk of Lori Harvey RDN, LD

Meatless Monday

Why go Meatless? Benefits of Meatless Monday

Americans consume, on average, far too much protein each day. This over-consumption can lead to over spending, obesity, and chronic disease. Try cutting back by eating meat-free one day a week.

--Reduce your risk! Going meatless once a week may reduce the risk of chronic preventable conditions like cancer, cardiovascular disease, and obesity

-- Meat is expensive! Skipping meat once a week is a great way to cut your weekly grocery budget

--Increase your health! Consuming beans or peas results in higher fiber, protein, folate, zinc, iron, and magnesium with lower intakes of saturated and total fats

Slow Cooker Corn Chili

- 1 medium onion, chopped
- 4 garlic cloves, chopped
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 2 teaspoons unsweetened cocoa powder
- 1/4 teaspoon ground cinnamon
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 28-ounce can fire-roasted diced tomatoes
- 1 15.5-ounce can black beans, rinsed
- 1 15.5-ounce can kidney beans, rinsed
- 1 1/2 cups frozen corn
- cilantro*, for garnish
- scallions*, for garnish
- radishes*, for garnish

**Optional.*

Place the onion, garlic, chili powder, cumin, cocoa, cinnamon, salt and pepper together in a 4-6 quart slow cooker. Add the tomatoes with their liquid, beans, frozen corn and 1 cup water to the slow cooker. Cook on low for 7-8 hours, or cook on high for 4-5 hours, or until the onions are tender and the chili has thickened. Divide into 6 portions, garnish with cilantro, scallions and radishes. **Amount per serving: 247 calories, 2g fat, 638mg Sodium, 49g Carbohydrates, 13g fiber, 12g protein.**

For more information and loads of tasty recipes, visit www.MeatlessMonday.com

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Thank you!

Phil Marcin

Development Director

Questions? If you have any questions on this or any nutrition-related topic, or have an idea for a future *Healthy Bite* topic, please call our registered dietitian, Lori Harvey. You can reach her by telephone at 330-376-7717 extension 140 or by email lharvey@mobilemealsinc.org.

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