

## National Vegetarian Month

*From the desk of Volunteer, Michelle Kelly RDN, LD*

### Meatless Monday

Most Americans consume more than enough protein each day, some may be consuming too much. Sources of protein include: meat, poultry, and eggs. The **average** amount of protein needed per day for men is 56 grams and for women is 46 grams. Are you getting too much? Over-consumption leads to over spending, obesity, and chronic disease. Incorporate one meat-free meal per 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

#### Hearty Black Bean Chili

- 1 tablespoon extra-virgin olive oil
- 1 medium yellow onion finely chopped
- 1 medium green, yellow, orange, or red bell pepper, stem and seeds removed, finely chopped
- 3 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 bay leaf
- ½ teaspoon sea salt
- 1 can (28 ounces) dices tomatoes, with juice
- ¼ cup cashew milk (such as Silk® Original Cashewmilk)
- 2 cans (15 ounces) black beans, drained and rinsed
- 1 can (15 ounces) kidney beans, drained and rinsed
- 1 cup uncooked quinoa
- 2 ¾ cups vegetable stock
- Whole cilantro leaves or parsley, rinsed and patted dry\*
- 6 scallions, trimmed and thinly sliced on a diagonal, for garnish\*

*\*Optional.*

Heat olive oil in a large pot over medium-high heat. Add onions and pepper, reduce the heat to medium, and cook, stirring occasionally, until very soft, about 10 minutes. Stir in chili powder, cumin, bay leaf, and salt. Cook, stirring often, until spices are fragrant, about 1 minute. Add tomatoes with juice, stir, and reduce the heat to low. Cook, stirring occasionally, 25-30 minutes until thick. Add cashew milk, beans, quinoa, and stock, and cook for 20 minutes. Taste and add more salt or pepper as needed. Served topped with cilantro and scallions, if desired. **Serves: 6 Amount per serving: 378 calories, 6 g fat, 300 mg Sodium, 62 g Carbohydrates, 18 g fiber, 19 g protein.**

**For more information and loads of tasty recipes, visit [www.MeatlessMonday.com](http://www.MeatlessMonday.com)**

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Thank You!

**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](mailto:lharvey@mobilemealsinc.org).

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**In order to provide clients with the best services possible, we ask you to contact Elaine Seyerle at Mobile Meals with complaints, suggestions, or if you are not satisfied with your services. If, after your contact, you are still not satisfied with the response or have further questions, you may forward your concerns to the appropriate monitoring agency. The contact number for the Home Care Ombudsman is 1-800-421-7277.**