

# Plant Based Protein

**Plant based protein** has many health benefits, cost benefits, and can have a positive impact on the environment. Plant based proteins include; beans, legumes, lentils, quinoa, tofu, tempeh, edamame, chia and flax seeds. Most of the plant based proteins also contain antioxidants and phytonutrients which are beneficial for health.

## What is Protein?

**Protein** is an important macronutrient that we need in our diet. Protein plays many important roles in the body which are needed for muscle formation, enzymes, hormones, fluid and electrolyte balance, and antibodies. Proteins are made up of Amino Acids. When eating a plant based diet, it is important to mix and match plant proteins to get all of the essential Amino Acids.

## Lentil and Black Bean Tacos

### Ingredients:

- Corn tortillas
- Brown or green lentils
- Vegetable broth
- Black beans
- Pepper
- Red pepper flakes
- Cumin
- Chili pepper
- Cayenne to taste
- 4 tomatoes
- 1 onion
- 1 bunch cilantro
- 1 lime
- 1 jalapeño



### Directions:

- Cook lentils according to package instructions, using vegetable broth instead of water
- Heat lentils and black beans in a skillet, and season with pepper, red pepper flakes, cumin, chili pepper, and cayenne pepper to taste
- Chop and mix tomatoes, onions, cilantro, and jalapeño and season with lime juice, salt, and pepper
- Warm the tortillas and assemble tacos with lentil and bean mixture and tomato mixture