

Healthy Cooking & Baking Swaps

Beans, lentils, chickpeas and dry peas are chameleons in the kitchen. Try these easy swaps to amp up the nutrition in your favorite dishes:

VEGGIE BOWLS

REPLACE:
½ OR ALL
QUINOA



WITH THIS:
COOKED
GREEN
LENTILS

BENEFITS:

✓ More **FIBER** ✓ More **PROTEIN**

TACOS

OR: replace ½ the meat in any recipe

REPLACE:
½ OR ALL
SHREDDED
PORK



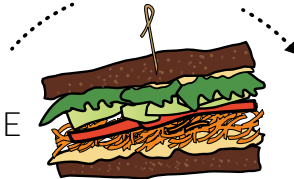
WITH THIS:
COOKED
GREEN
LENTILS

BENEFITS:

✓ Fewer **CALORIES** ✓ Less **FAT** ✓ More **FIBER**

SANDWICH SPREAD

REPLACE:
MAYONNAISE



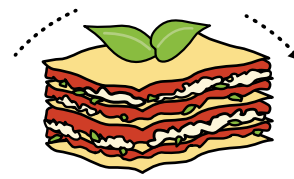
WITH THIS:
HUMMUS

BENEFITS:

✓ Less **FAT** ✓ More **FIBER** ✓ More **PROTEIN**

LASAGNA

REPLACE:
½ OR ALL
RICOTTA
CHEESE



WITH THIS:
PUREED
WHITE
BEANS

BENEFITS:

✓ Fewer **CALORIES** ✓ Less **FAT** ✓ More **FIBER**

BURGERS

REPLACE:
½ OR ALL
GROUND
BEEF



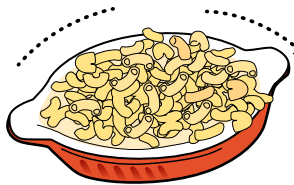
WITH THIS:
MASHED
PINTO
BEANS

BENEFITS:

✓ Fewer **CALORIES** ✓ Less **FAT** ✓ Less **SATURATED FAT** ✓ More **FIBER**

MAC N' CHEESE

REPLACE:
UP TO ½
CHEESE
SAUCE



WITH THIS:
YELLOW
SPLIT PEA
PUREE

BENEFITS:

✓ Less **FAT** ✓ More **FIBER**

BROWNIES

REPLACE:
1 CUP
FLOUR



WITH THIS:
1 15oz. CAN
BLACK
BEANS,
PUREED

BENEFITS:

✓ More **FIBER** ✓ More **PROTEIN**

CHOCOLATE CHIP COOKIES

REPLACE:
½ OR ALL
OIL



WITH THIS:
RED
LENTIL
PUREE

BENEFITS:

✓ More **FIBER** ✓ More **PROTEIN**

Figures sourced from USDA Nutrient Database