



RECIPES FOR MEATLESS MEALS

Coronavirus (COVID-19) has changed every aspect of our routines. Meat supplies at some grocery stores may be limited. If this is the case in your community, don't panic. Your family can still enjoy a healthy, delicious meal without meat that will leave them full and happy, and leave you with a little more money in your pocket.

Eating meatless just one day a week, such as adopting "Meatless Mondays" into your family's diet, can have a significant impact on your family's overall health, such as:

- Reducing saturated fat intake
- Decreasing the risk of chronic diseases, such as heart disease
- Lowering "bad" or LDL cholesterol
- Increasing fiber intake
- Providing cost-saving sources of protein

Meatless meals can also be an excellent source of fiber. Fiber helps curb our appetite between meals and promotes healthy regularity in our bodies. By purchasing dried beans or lentils and preparing them as instructed, you can offer multiple servings for your entire family that are packed with the protein and nutrients our bodies need.

Try skipping the meat aisle during this pandemic and fill your cart with canned and fresh fruits and vegetables, pasta, rice, beans, eggs, peanut butter, nuts and oatmeal.

Try these three meatless recipes to help get you started.



BLACK BEAN BURRITO

Serves 4

INGREDIENTS

- 1 can (15 ounces) black beans, drained and rinsed
- 4 tortillas, corn or whole wheat
- 1/4 cup red onion, diced
- 1/2 cup tomatoes, chopped
OR 1/2 cup salsa, low sodium

- 2 tablespoons cilantro, chopped

Optional: 4 tablespoons plain, low fat yogurt

For additional flavor, try adding 1 teaspoon of taco seasoning

<https://www.snap4ct.org/black-bean-burrito.html>

INSTRUCTIONS

1. Heat beans in the microwave for 1 minute or on the stovetop until heated through.
2. Microwave tortillas between two slightly damp paper towels on high for 15 seconds.
3. Divide beans, tomatoes and red onion among each tortilla.
4. Top each with yogurt and cilantro and fold each tortilla to enclose filling.

MEATLESS LASAGNA

Serves 8

INGREDIENTS

- 2 tablespoons olive oil
- 2 cups mushrooms, chopped
- 1 cup bell pepper, seeded and chopped
- 1 sweet onion, finely chopped
- 3 cups baby spinach, chopped

- 1 pound (16 oz.) 2% cottage cheese
- 2 cups (plus 1/2 cup) shredded mozzarella cheese, divided
- 1/4 teaspoon salt
- 26 ounces low sodium pasta sauce
- 2 zucchini, sliced 1/4-inch thick
- 8 ounces no-boil whole wheat lasagna noodles

<https://www.meatlessmonday.com/recipes/slow-cooker-veggie-lasagna/>

INSTRUCTIONS

1. Heat oil in large skillet over medium-high heat; add mushrooms, peppers, onions and spinach and cook 5 minutes, or until water evaporates.
2. Mix cottage cheese, 2 cups mozzarella cheese and salt in mixing bowl.
3. Assemble lasagna in slow cooker as follows: 1/3 of pasta sauce, single layer of noodles, 1/3 of cooked vegetables, single layer of zucchini and 1/3 of cottage cheese mixture. Repeat for another 2 layers.
4. Sprinkle the remaining 1/2 cup of mozzarella cheese on top.
5. Cook on low 5 hours, or until noodles and zucchini are tender.

OVERNIGHT OATMEAL

Serves 4

INGREDIENTS

- 1 cup steel cut oats
- 1/4 cup light brown sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 cup creamy peanut butter
- 2 medium apples, peeled, cored, and cut into 1/2-inch pieces

<https://www.meatlessmonday.com/recipes/overnight-apple-peanut-butter-oatmeal/>

INSTRUCTIONS

1. Coat the inside of a 5-6 quart slow cooker with cooking spray.
2. Combine the oats, brown sugar, vanilla extract, cinnamon, salt, and 3 1/4 cups water in the slow cooker. Add the peanut butter and whisk to incorporate. Stir in the apples, cover, and cook on low heat for 8 hours.
3. Incorporate the somewhat crusty oatmeal stuck to the sides and bottom by stirring for 2-3 minutes. Serve warm.

NOTE: Can be served along with whole wheat bread or crackers.

Prep time: 10 minutes

Total time: 8 hours

For more information, contact Shewana McSwain, EFNEP coordinator, at slhairst@ncat.edu.

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