

Plant-Based Proteins

What are they and how to use them.

Canada's food guide recommends choosing protein foods that come from plants more often. Plant-based protein foods can provide more fibre and less saturated fat than other types of protein foods. This can be beneficial for your heart health. Here are some plant-based proteins and recipes you can try.

BEANS



[Three Sisters Tacos](#)
[Lunch Box Chili](#)
[Bean Stuffed Cabbage Rolls](#)

LENTILS



[Videos on how to cook lentils](#)
[Sheppard's Pie](#)
[Lentil Nuggets](#)
[Carrot Ginger Lentil Soup](#)

CHICKPEAS



[Chickpea and Carrot Salad](#)
[Sweet Potato Chickpea Risotto](#)
[Chickpea Moroccan Stew](#)

TOFU AND SOY BEVERAGES



[Tofu and Vegetable Stir Fry](#)
[Banana Berry Wake up Shake](#)

NUTS AND SEEDS



[Blueberry Smoothie Bowl](#)
[Yogurt Banana Split](#)
[Peanut Butter and Fruit Poutine](#)