



Nutrition Facts

Vegetarian Options

Why Make Meatless Meals?

The American Cancer Society recommends limiting red meat consumption and encourages eating a variety of healthy foods, that are plant based.

Vegetarian options can become part of your meal plan and can provide an alternative for dinner once or twice a week.

How to Make a Meatless Meal

- Modify familiar recipes.
- Add more vegetables to stir-fried dishes, salads, casseroles, and spaghetti sauce.
- Replace meat with cooked legumes such as kidney beans, navy beans, or lentils in casseroles, stews, soups and chili.
- Add flavor to tofu by adding it to your stir-fry or marinate it in your favorite sauce.
- Add flavor to foods by adding herbs and spices, olive oil, and aged cheeses.
- Be creative and add color to salads by using red cabbage, diced yellow pepper or sprinkle with nuts.
- Try meat substitutes by using soy products such as tofu, and temped, cultured soy beans with a chewy texture.



Ask the Dietitian
County of Los Angeles, Public Health
Nutrition Program

www.lapublichealth.org/nutrition

Teriyaki Soba Noodles with Tofu and Stir Fried Spinach

Ingredients:

- 1/2 lb. dried soba (buckwheat) noodles
- 3 Tbs. sesame seeds, toasted
- 1 lb. firm tofu, drained and cubed
- 4 cups firmly packed spinach, rinsed and shredded
- 3 Tbs. Canola oil

Teriyaki Dressing

Ingredients:

- 1/3 cup low sodium soy sauce
- 2 Tbs. Sherry (optional)
- 1 1/2 Tbs. grated fresh ginger
- 2 tsp. minced garlic

Preparation:

- Bring pot of water to a rolling boil and cook soba noodles according to package directions, or until tender. Remove from heat, drain and rinse under cold water. Set aside to drain completely
- Meanwhile, toast the sesame seeds in a greased skillet until golden, stirring to prevent burning. Remove from heat and set aside.
- Heat 3 tablespoons oil in wok or large skillet over medium heat. Stir-fry cubed tofu 3 to 5 minutes, or until golden. Add spinach and stir-fry for 2 to 3 minutes or until wilted.
- Divide noodles into four large soup bowls. Top each portion with tofu and spinach. Add dressing, toss and garnish with sesame seeds.

Enjoy!