

SPICE UP YOUR LIFE

Follow a plant-based diet to add more locally grown produce & herbs to your meals!

WHAT DOES PLANT-BASED EATING MEAN?

Plant-based eating does not have an official meaning. The most important thing to remember is that you want to include more plants, like fruits, vegetables, beans, nuts, and herbs in your diet for improved health benefits.

BENEFITS OF PLANT-BASED EATING



- Support the immune system.
- Help reduce inflammation.
- Improve your mood.
- Reduce the risk of chronic diseases.



WHAT ARE LOCAL FOODS?

There is no set distance, but think of local foods as foods that you can easily connect back to the farmer. Local foods can come from many sources like your garden, a farmers' market, your grocery store, or even a roadside stand.

BENEFITS OF LOCAL FOODS

Budget • Economy • Environment • Taste • Nutrition



SPICE UP YOUR LIFE WITH LOCAL, PLANT-BASED FOODS



- Grow your own herbs or vegetables.
- Shop locally in your neighborhood.
- Cook with fresh herbs and produce.
- Add fresh herbs to your beverages.





Yields: 6 servings

Cabbage Casserole

Take your traditional stuffed cabbage and un-stuff it for a delicious and nutritious meal!

INGREDIENTS

- 1 head of cabbage, roughly chopped
- 2 Tbsp. vegetable oil
- 1 onion, chopped
- 3 garlic cloves, minced
- 1 lb ground turkey (or chicken)
- 2 Tbsp. tomato paste
- 1 14.5-oz can chopped tomatoes
- 1 cup uncooked brown rice
- 3 cups low sodium broth or water

DIRECTIONS

- Preheat oven to 350°F, and spray a 9"-x-13" baking dish with cooking spray.
- In a large pot over medium heat, heat oil. Add onion and cook until soft (~5 min). Stir in garlic and cook until fragrant, (~1 min). Add ground turkey, break it up, and cook until no longer pink (~6 min). Drain fat.
- After draining the fat, return turkey mixture to skillet. Stir in tomato paste, then add chopped tomatoes, rice, and 2 cups broth. Season with oregano, salt, and pepper. Bring to a simmer and cook ~10 min., stirring frequently.
- Gradually stir in cabbage and cook until slightly wilted (~5 min).
- Stir in remaining 1 cup broth.
- Transfer mixture to prepared baking dish and cover with foil.
- Bake until rice is tender (~40 min).
- Garnish with parsley before serving, and then enjoy!



FOOD IS MEDICINE

APPROVED BY OUR
REGISTERED DIETITIAN NUTRITIONISTS

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