

## The Future is Plants: Integrating a Whole Foods Plant-Based Diet in Diabetes Education

### Easy Bean Salad

*Makes 10 servings*

Ingredients:

- ½ cup low-fat Italian salad dressing
- 1, 15-ounce can kidney beans, drained and rinsed
- 1, 15-ounce can pinto beans, drained and rinsed
- 1, 15-ounce can black-eyed peas, drained and rinsed,
- 1, 10-ounce package frozen lima beans, thawed, or 1 ½ cups frozen shelled edamame, thawed
- 1 cup frozen corn, thawed
- 1 large red bell pepper, seeded and chopped
- ½ medium red onion, chopped
- ½ - 1 teaspoon salt, or to taste
- 1 teaspoon black pepper, or to taste

Directions:

- Toss all ingredients together. Serve cold or at room temperature. May be covered and stored in refrigerator for several days.

**Nutrition (1 cup serving):** 183 calories, 10 g protein, 30 g carb, 3 g sugar, 3 g total fat, 8 g fiber, 539 mg sodium

### Green Monster Smoothie

*Makes 3 servings*

Ingredients:

- ¾ cup water
- 3 cups fresh kale or baby spinach
- ¾ cup fresh or drained canned pears or pineapple chunks
- 1 ½ cups green grapes
- ½ - ¾ banana, fresh or frozen
- ¾ cup ice, optional

Directions:

- Blend all ingredients together. Start your blender on the lowest setting and slowly crank up the setting as the smoothie starts to puree.
- Add more ice as necessary to achieve desired consistency and blend for about 2 minutes. Best if served cold.

**Nutrition (1 cup serving):** 140 calories, 3 g protein, 34 g carb, 20 g sugar, 1 g fat, 4 g fiber, 36 mg sodium

## Mexican Kale and Blue Corn Salad

*Makes 4 servings*

### Ingredients:

- 1 small bunch of kale
- ½ tsp salt
- Juice of 1 lemon
- ½ red onion, diced
- 1 ½ cups sweet white corn, frozen or canned, (drained or thawed)
- 1, 16-ounce can no-salt added black beans, rinsed
- ½ cup chunky salsa, jarred
- 1 Tbsp pumpkin seeds/pepitas, unsalted
- ½ cup unsalted, baked blue corn tortilla chips

### Directions:

- Wash kale, remove stems, and break up into small bite-sized pieces and place in a medium bowl.
- Add the salt and half of the lemon juice. Massage the kale for 1-2 minutes and set aside.
- Add red onion, black beans, corn, salsa, and pepitas to the massaged kale.
- Then sprinkle with crushed blue corn chips and drizzle with remaining lemon. Serve immediately.

Note: If you are not serving this recipe immediately, reserve the corn chips until ready to serve as they will get soggy. Also, if you cannot find corn chips, this recipe still tastes great with just the crunch of the pepitas. To create a brighter look, add a fresh diced tomato or a red pepper.

**Nutrition (2 cup serving):** 240 calories, 15 g protein, 57 g carb, 5 g sugar, 3 g fat, 16 g fiber, 552 mg sodium