



TOWARD A GREENER DIET –

Mark your calendar for October 24th to celebrate Food Day with millions of other people and institutions across the country. [Food Day](#) “inspires Americans to change their diets and our food policies” by focusing on healthier, sustainable food practices. This year’s focus, Toward a Greener Diet, is encouraging each of us to adopt healthier, sustainable, more humane food practices.

Celebrating Food Day at your institution will highlight the importance for greener thinking for your customers. One-third of American children are overweight or obese, with the increased risk of joining the two-thirds of U.S. adult population in that category. Being outside of one's ideal body weight increases the likelihood of developing preventable diseases such as type 2 diabetes, hypertension, heart disease and certain cancers.

Increasing plant-based meals is something the American Heart Association, The Association of Nutrition and Dietetics, and Obesity Action Coalition all promote as a way to prevent and treat diseases. Recently a panel of top U.S. scientists and nutrition professionals, in creating recommendations for the U.S. Dietary Guidelines, concluded that a diet “higher in plant-based foods...and lower in animal-based foods is more health-promoting and is associated with lesser environmental impact.”

Educating our youth on consuming a greener diet teaches them to protect our environment and national food security as well. As the U.S. Dietary Guidelines advisory committee stated, “sustainable dietary patterns...promote food security now and for future generations and create a ‘culture of health’ at individual and population levels.”

Here are some great ideas to help you celebrate Food Day and educate your guests about the benefits of moving “Toward a Greener Diet.”



Celebrate Food Day in the kitchen: Going meatless even just one day a week is like taking half a million cars off the road. Choose a plant-strong menu with as many locally sourced ingredients as possible.

K-12 Schools: Get kids excited about nourishing their bodies while protecting the environment with tasty recipes like Fiesta Rice Bowl, Mediterranean Flatbread or Mighty Pasta Marinara with Chickpeas! See our recipe pack for more ideas.

Colleges and Universities: Give your food savvy customers something to talk about with mouthwatering meals like Quinoa, Oatmeal and Fruit Parfait, Mushroom Street Tacos with Cilantro Cream Sauce, or Roasted Eggplant Bruschetta with Roasted Red Pepper Aioli.

Hospitals: Offering delicious and nutritious meals like Black Bean and Sweet Potato Burritos, Coconut Brown Rice with Baked Tofu, or Creamy Pasta Primavera can make patients, families and staff satisfied this Food Day.

Sampling offers guests the opportunity to try foods they might not otherwise select.

Vegetarian Awareness Month: A greener diet certainly includes plant-strong meals. October 1st is World Vegetarian Day, while the entire month encourages education and awareness efforts on eating plant-based. The North American Vegetarian Society recommends people explore the many benefits of plant-based eating by taking a pledge to eat meatless throughout the month.



Register on their [website](#) for a chance to win up to \$1,000. Set up a table in a central area and encourage guests to take the pledge online. You can also encourage your audience to take the Meatless Monday pledge. Include Meatless



Monday information, [posters](#) and [recipes](#). Have the pledge sheet available for people to sign up. Offer a small gift to those who sign the pledge.

Host an interactive table during meal service: Continue the education and taste testing in your cafeteria or dining hall.

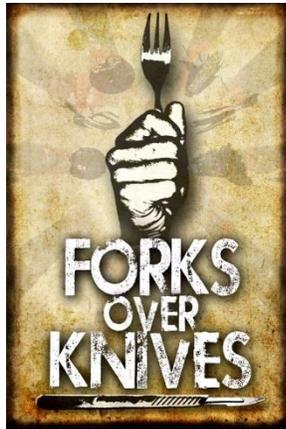
Offer resources on meatless eating, local CSA programs and information on the farms your local ingredients are sourced from. Get all audiences involved by including some of these ideas at your table:

- Guess the number of beans game. Fill a jar with beans and encourage customers to guess the amount. The person with the closest guess receives a prize. Offer information on the benefits of beans along with a few bean recipes and food samples.
- Highlight whole grains with samples of different varieties along with the health benefits of each.
- Compare plant protein items versus animal protein. Prepare sample plates using model foods or pictures of meatless and meat entrees and ask your audience to guess the protein content. Offer a [Veggie Power](#) sticker or other small prize for a correct guess.
- Set up a mini farmers market. Have several true or false facts for a select number of fruits and vegetables. Offer a small prize to everyone that participates.
- Water usage demonstration: With empty gallon cartons, demonstrate the amount of water used to produce a type of meat versus a plant-based protein.

Celebrate National Farm to School Month: Here is another reason to celebrate the local foods sourced throughout your menus. [The National Farm to School Network](#) organizes this as a way “to improve child nutrition, support local economies and educate children about the origins of food.” This is a great opportunity to start a garden or expand on the existing



community garden. Encourage students and staff to participate in tending to the garden and be sure to include your harvested items on the menu or in samples.



Host a Food Day film screening: *Forks over Knives'* [web site](#) states, “The meat and dairy industries combined use nearly 1/3 of all the fresh water in the world today.” Consider hosting a film screening, then engage participants in some Q&A, or have a panel discussion featuring local experts on the topic after the movie. This is also a great venue to introduce guests to some [healthy plant-based snacks](#). To get your free copy of the film just [email us](#) and we will get one out to you. More info and screening guidelines can be obtained [here](#).

Make it social: Use your Facebook, Twitter and Instagram accounts to spread the word about the health and environmental benefits of eating more plant-strong meals. Choose from our share graphics, below, or create one of your own. Be sure to tag #MeatlessMonday, #LeanandGreenDay, and #FoodDay2015!



For additional ideas please visit our [Meatless Monday resource page](#)

More information and resources

Contact The Humane Society of the United States

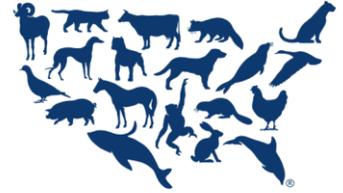
HumaneSociety.org/MMToolkit

MeatlessMonday@HumaneSociety.org



Mighty Marinara with Chickpeas

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



**THE HUMANE SOCIETY
OF THE UNITED STATES**

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Diced tomatoes and sauce, canned		1 ¼ - #10 can 1 gallon		2 ½ - #10 can 2 gallon
Tomato Sauce		1 - #10 can		2 - #10 can
Garbanzo beans, drained	10 lb 3 oz	2 ½ -#10 can	20 lb 6 oz	5 -#10 can
Salad Oil		½ cup		1 cup
Oregano, dried		1 ½ Tbsp		3 Tbsp
Garlic, granulated		2 Tbsp		¼ Cup
Basil, dried		2 Tbsp		¼ cup
Salt		1 Tbsp		2 Tbsp
Sugar		½ cup		1 Cup
Parsley, dried		2 Tbsp		¼ cup
Pepper		1 ½ tsp		1 Tbsp
Prepared Grains: Choose one	Dry grain weight:		Dry grain weight:	
Rotini (1 cup serving)	6 lb 4 oz		12 lb 8 oz	
Spaghetti (1 cup serving)	6 lb 4 oz		12 lb 8 oz	
Penne (1 cup serving)	6 lb 4 oz		12 lb 8 oz	
Brown Rice (1 cup serving)	6 lb 4 oz		12 lb 8 oz	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Prepare grains accordingly.
2. Stir all ingredient together except for grain item.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Using 8 ounce ladle or spoodle, serve 8 ounces marinara sauce over 1 cup cooked spaghetti, penne, rotini noodles or rice.

Each serving provides 2 meat/meat alternates, 2 oz equivalent grains, and ½ cup red/orange vegetable.

For a 1 meat/meat alternate sauce, cut measure of garbanzo beans in half.

Nutrition Information *From USDA Nutrient Database

Calories: 329 Total Fat: 4g Saturated Fat: 0.5g Carbohydrate: 60g (12g fiber) Protein: 14g Sodium: 200 mg

Fiesta Rice Bowl

ADAPTED FROM SARAOTA COUNTY SCHOOLS, SARASOTA, FLORIDA
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Rice, Brown, dry	3 lb 2 oz		6 lb 4 oz	
Water		2 ½ qt		1 gal 1 qt
Corn, frozen	4 lb 8 oz		9 lb 4 oz	
Salsa, canned	6 lb 10 oz	1-#10 can 3 qt + 1 ¼ cups	13 lb 4 oz	2-#10 cans 1 ½ gal + 2 ½ cups
Black beans, canned, drained	14 lb 1 oz	4 - #10 can	28 lb 2 oz	8 - #10 can
Taco seasoning		1 cup		2 cups
Corn Tortilla Chips, minimum 1 ounce equivalent grain, individual bags OR		50 each		100 each
Corn Tortilla Chips, bulk	3 lb 2 oz		6 lb 4 oz	
Optional Garnish: Black olives, drained	1 lb 12 oz	½ - #10 can	3 lb 8 oz	1 - #10 can

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Prepare rice by combining with water cook. Fluff. Place in warmer until service.

*Recommended cooking method: Steam or bake, covered for approximately 15 minutes. Alternative cooking method: Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

HACCP Critical Control Point: Hold at 135°F or higher.

2. Combine corn, black beans, salsa and taco seasoning in tilt skillet or steamer, heating thoroughly, about 20 minutes. Transfer to serving pan and keep warm until service.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

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HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Portion 1 - #8 scoop (1/2 cup) of rice in a bowl and top with 2 - #8 scoops (1 cup) of bean mixture.

Garnish with 1 Tbsp olives and a pinch of fresh cilantro. Serve tortilla chips on the side.

Each serving provides 2 meat/meat alternates, 2 oz equivalent grains, ¼ cup starchy vegetable and 1/8 cup red/orange vegetable.

Nutrition Information

*From USDA Nutrient Database

Calories: 411 Total Fat: 5g Saturated Fat: 0.5g Carbohydrate: 77g (14g Fiber) Protein: 15g Sodium: 673mg

Mediterranean Flat Bread

ADAPTED FROM SARAOTA COUNTY SCHOOLS, SARASOTA, FLORIDA AND
 VEGAN ON THE CHEAP, ROBIN ROBERTSON
 HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
 OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Pesto Sauce: Oil		1 ½ cups		1 pint + 1 cup
Garlic powder		1 tsp		2 tsp
Parsley flakes, dry		1 cup		2 cups
Lemon Juice		1 ½ Tbsp		3 Tbsp
Hummus:		1 pint + 1 cup		1 quart + 1 pint
Garbanzo beans, drained	10 lb 3 oz	2.5 - #10 cans	20 lb 6 oz	5 - #10 cans
Onion Powder		1 Tbsp		2 Tbsp
Garlic Powder		1/8 cup		1/4 cup
Salt		1 Tbsp		2 Tbsp
Pepper		1 ½ Tbsp		3 Tbsp
Parsley		1/2 cup		1 cup
Basil		½ cup		1 cup
Lemon Juice		1 ¾ cups		3 ½ cups
Hot Sauce		1 Tbsp		2 Tbsp
Salad Oil		1 cup		1 pint
Flatbread, whole grain rich		50 each		100 each
Garnish: Black Olives, diced	15 oz	¼ - #10 can	1 lb 14 oz	½ - #10 can
Tomatoes, finely diced or sliced	2 lb 9 oz		5 lb 2 oz	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Pesto sauce: Add garlic powder, parsley, and lemon juice to oil. Mix well.
2. Hummus: Add beans, onion powder, garlic powder, salt, pepper, basil, lemon juice, hot sauce and oil to VCM or blender. Mix until smooth.
3. Place flatbread on an 18'x24'x1' bun pan and brush each flatbread with pesto.
4. Scoop 1-#8 scoop (1/2 cup) of hummus on each flatbread and spread evenly.
5. Bake at 375°F in convection oven for 3-5 minutes or until warm and flatbread is slightly crisp. Do not overbake.
6. Brush each baked flatbread with pesto.
7. Serve 2 Tbsp diced or 3-4 slices of tomatoes and 2 Tbsp diced black olives on the side as garnish.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

Mediterranean Flat Bread

ADAPTED FROM SARAOTA COUNTY SCHOOLS, SARASOTA, FLORIDA AND
VEGAN ON THE CHEAP, ROBIN ROBERTSON
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Serving Information

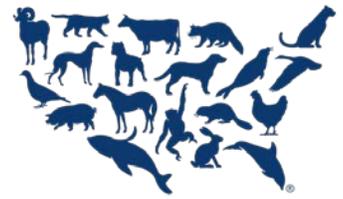
Each serving provides 2 meat/meat alternates and 2 oz equivalent grains.

Nutrition Information *From USDA Nutrient Database

Calories: 339 Total Fat: 15g Saturated Fat: 1.5g Carbohydrate: 41g(8g fiber) Protein: 10g Sodium: 520 mg

Quinoa Parfait

QUINOA, OATMEAL AND FRUIT PARFAIT



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OF THE UNITED STATES

YIELD:

10 Servings

Ingredients	Qty	Measure
Water	1	cup
Salt	1/2	tsp
Quinoa	1/2	cup
Quick cooking oats (raw)	1	cup
Fresh apple (cored and grated)	1	whole
Almond milk	1	cup
Dried cranberries	1/4	cup
Brown sugar or maple syrup (optional)*	1/4	cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Rinse quinoa
2. Bring water to a boil, add salt and quinoa. Continue to boil until done, about 15 minutes (will have a spiral shape). Cool slightly.
3. Add raw oats, apple, almond milk, cranberries, and brown sugar if desired

**Banana can be used in place of sugar. Any of the non-dairy milks can be used.*

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HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

4 oz. garnish with 1 oz. toasted almonds or 1 oz. granola

Nutrition Information

 *From USDA Nutrient Database

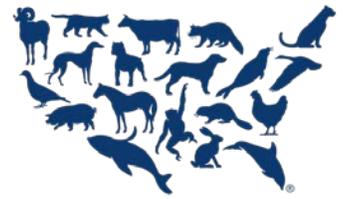
Calories: Total Fat: Saturated Fat: Carbohydrate: Protein: Sodium:

Vitamin A: Vitamin C: Calcium: Iron: Folic Acid

MUSHROOM

Street Tacos

WITH CILANTRO CREAM SAUCE



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YIELD:

12 Servings

Ingredients	Qty	Measure
Portobello cap, large (cleaned and diced)	2	Each
Tamari	2	Tbsp
Olive oil	1	Tbsp
Green bell pepper (diced)	1	Each
Red onion (diced)	¼	Cup
Organic corn	¼	Cup
Corn tortilla (4 inch)	12	Each
Cilantro	½	Bunch
Pico de Gallo	1	Cup
Cilantro Cream		
Raw cashews	1	Cup
Water	2	Cup
Cilantro	½	Bunch
Pico de Gallo (prepared and optional)		

HACCP -Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Place portobello and tamari in zip lock bag. Massage tamari into mushroom.
2. Heat oil in pan. Add mushroom, sauté for 5 minutes.
3. Add bell peppers, onion, and corn and cook for 5 more minutes; remove from heat
4. Warm tortillas
5. Assemble tacos with 2 tablespoons of mushroom mixture, then top with cilantro sauce
6. Top taco with pico de gallo if desired

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

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HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

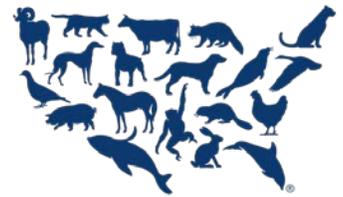
2 corn tortillas, add 2 tbsp. of mushroom mixture on each tortilla, 1 tsp. cilantro sauce. Garnish with pico de gallo.

Nutrition Information *From USDA Nutrient Database

Calories: 108 Total Fat: 6 g Saturated Fat: 1 g Carbohydrate: 11 g Protein: 3 g Sodium: 173 mg
Vitamin A: 0% Vitamin C: 17% Calcium: 2% Iron: 5%

Roasted Eggplant

ON BAGUETTE



THE HUMANE SOCIETY
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YIELD: 8 pieces

8 Servings

Ingredients	Qty	Measure
Eggplants (soak in water for 15 minutes) cut long ways	2	Lbs.
Olive oil	¼	cup
Red onions (sliced and caramelized)	3	cups
Earth Balance	2	Tbsp.
Green cabbage (sliced thinly)	1	cup
Fresh baby spinach (washed)	2	cups
Romaine lettuce (chopped)	2	cups
Baguette	1	each
Roasted Red Pepper Aioli		
Just Mayo or other vegan mayonnaise	1	cup
Fresh garlic	5	cloves
2 pieces of canned roasted red pepper	1	15 oz. can

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparations

1. Brush eggplant with oil and sprinkle with Cajun seasoning (I prefer Tony Chachere's). Roast for 10-15 minutes at 350 degrees.
2. Put Earth Balance in pan. Add onions and cook until tender and brown.
3. Cut baguette lengthways, spread 2 tbsp. of roasted red pepper aioli
4. Top with 8 pieces of eggplant, vegetables, and onions

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

1 piece served with homemade sweet potato chips

Nutrition Information

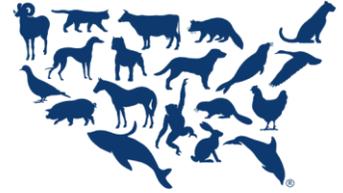
*From USDA Nutrient Database

Calories: 286 Total Fat: 20g Saturated Fat: 2g Carbohydrate: 24g Protein: 4g Sodium: 327m

Vitamin A: 135µg Vitamin C: 34mg Calcium: 101mg Iron: 2mg Folic Acid: 145µg

Black Bean and Sweet Potato Burritos

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD: 8 Servings

Ingredients	Qty	Measure
Flour tortilla	8	Each
Black beans	2	Cups
Sweet potatoes cooked tender, cut into small cubes	2	Cups
Cumin	½	tsp
Red bell pepper (diced small)	½	Cup
Green bell pepper (diced small)	½	Cup
Fresh garlic	1	Tbsp
Chili powder	1	Tbsp
Red onion (diced small)	1	Cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Sweat onions, garlic and peppers.
2. Add black beans, sweet potatoes, cumin, and chili powder.
3. Portion ½ cup on each tortilla and roll up.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

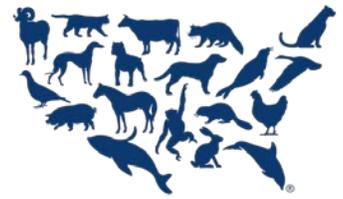
Spoon 2 oz. of black bean mixture on 1 flour tortilla, roll up, garnish with 1 tsp. of fresh chopped cilantro.

Nutrition Information

*From USDA Nutrient Database

Calories: 143 Total Fat: 1 g Saturated Fat: 0 g Carbohydrate: 30 g Protein: 5 g Sodium: 127 mg
Vitamin A: 30% Vitamin C: 68% Calcium: 6% Iron: 5%

Coconut Brown Rice With Baked Tofu



THE HUMANE SOCIETY
OF THE UNITED STATES

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

YIELD: 64 oz.

8 - 8oz. Servings

Ingredients	Qty	Measure
Brown Rice	1	Pint
Water	1	Quart
Onion	1	Cup
Vegetable oil	¼	Cup
Coconut milk	2	Cans
Bay leaves	2	Each
Green cardamom pods (crushed)	3	Each
Cinnamon stick	1	Each
Firm tofu	14	oz
Soy sauce	2	tsp
Fresh garlic	1	tsp
Coconut (toasted)	1	Cup
Salt	2	tsp
Pepper	1	tsp

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Pour oil in pan, add onions, garlic, and rice. Cook till slightly brown.
2. Add water, bay leaves, cardamom and cinnamon stick. Cook till rice is tender. Remove from heat.
3. Stir in toasted coconut and coconut milk.
4. While rice is cooking, bake tofu in 350 degree oven with oil and cajun seasoning for 10 minutes.
5. Flip over, pour soy sauce over tofu and bake for 10 more minutes.
6. Add to rice.
7. Add salt and pepper and serve.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

8 oz. serving, garnish with 1 oz. of toasted coconut

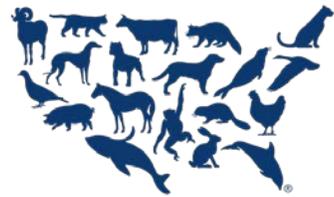
Nutrition Information *From USDA Nutrient Database

Calories: 548 Total Fat: 39 g Saturated Fat: 26 g Carbohydrate: 45 g Protein: 11 g Sodium: 412 mg
Vitamin A: 0% Vitamin C: 7% Calcium: 14% Iron: 22%

CREAMY

Pasta Primavera

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD: 64 oz.

8 (8oz.) Servings

Ingredients	Qty	Measure
Penne pasta	1	pound
Water	4	cups
Salt	1	Tsp.
Oil	¼	cup
Zucchini (julienned)	1	cup
Yellow squash (julienned)	1	cup
Red pepper (sliced thin)	1	cup
Fresh asparagus (small cut)	1	cup
Vegan cream cheese	6	Oz.
Zesty Italian dressing	½	cup
Vegetable broth (as needed for creaminess)	1	cup
Vegan mozzarella cheese	2	cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Cook pasta with water and salt when done drain and set aside
2. Saute zucchini, yellow squash, red peppers and asparagus in oil just until tender
3. Stir in vegan cream cheese and dressing
4. Mix with pasta. If too dry pour in vegetable broth a little at a time until you reach a smooth consistency.
5. Add mozzarella and bake until heated through

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

8 oz. serving with 1 piece of focaccia bread and 4 oz. green salad

Nutrition Information

 *From USDA Nutrient Database

Calories: 290 Total Fat: 11g Saturated Fat: 2g Carbohydrate: 37g Protein: 11g Sodium: 750mg
Vitamin A: 23.4% Vitamin C: 60% Calcium: 7.1% Iron: 4.7% Folic Acid: 14.6%