Real Food, Just Food
Food Day inspires Americans to change their diets and our food policies.
Learn more at www.foodday.org

Food Day, created by the nonprofit Center for Science in the Public Interest, is powered by a diverse coalition of food movement leaders, organizations, and you! Visit www.foodday.org or email foodday@csipnet.org to get involved.
SPINACH & WHITE BEAN STEW

Sauté 3 minced garlic cloves in 2 Tbs. of olive oil for 1-2 minutes. Stir in a 15 oz. can of no-salt-added white beans with their liquid and a 6-9 oz. bag of baby spinach. Season with up to ⅛ tsp. of salt and plenty of freshly ground pepper. Serve with ¼ cup of grated parmesan cheese. Serves 4.

SMOKIN’ GOOD CHICKPEAS


QUICK CITRUSY SALAD

Toss 8 cups (5 oz.) of loosely packed mixed greens with a dressing made by combining 2 Tbs. minced red onion, 1 Tbs. red wine vinegar, 2 Tbs. extra-virgin olive oil, and ⅛ tsp. kosher salt. Top with 3 sliced clementines, ½ cup chopped avocado, and 2 Tbs. sunflower seeds. Serves 4.

CURRIED TOFU SCRAMBLE

Drain and blot a 14 oz. package of firm tofu. Sauté a diced onion in 1 Tbs. of canola oil until lightly browned, 3-5 minutes. Stir in 1 tsp. of curry powder. Crumble the tofu into the skillet. Sauté, stirring, until the tofu is evenly coated with the curry powder. Season with up to ¼ tsp. of kosher salt. Serves 2.