

Garlic-Rosemary Mushrooms

INGREDIENTS

- 1 ounce bacon, (about 1 1/2 slices), chopped
- 1 1/2 pounds mixed mushrooms, such as cremini, shiitake (stemmed), Portobello, cut into 1/4-inch slices
- 2 medium cloves garlic, finely chopped
- 1 1/2 teaspoons chopped fresh rosemary, or 1/2 teaspoon dried
- 1/4 teaspoon salt
- Freshly ground pepper
- 1/4 cup dry white wine (or substitute white grape juice)



INSTRUCTIONS

1. Cook bacon in a large skillet over medium heat until just beginning to brown, about 4 minutes.
2. Add mushrooms, garlic, rosemary, salt, pepper, and cook stirring occasionally, until almost dry, 8 to 10 minutes.
3. Pour in wine and cook until most of the liquid has evaporated, 30 seconds to 1 minute.
4. Serve as a side dish or over whole-wheat pasta for a light dinner.

NUTRITION INFORMATION: 4 servings, serving size 3/4 cup. 75 calories, 2g fat (0g saturated), 10g carbohydrate, 5g protein, 3g fiber, 3mg cholesterol, 4g sugar (0g added), 199 mg sodium, 661 mg potassium



Plant-based proteins

Plant-based eating patterns

Eating a diet rich in plant-based foods can do your body (and the planet) a world of good! A plant-based eating pattern has been linked with reduced risks of heart disease and type 2 diabetes, slimmer waistlines and healthier body weights, reduced inflammation and reduced oxidative stress (linked to chronic diseases), and the promotion of a sharper mind with fewer memory problems over time.

Switch to more plant-based proteins

While you do not need to cut out all meat and animal-based dairy products for improved health, replacing some of the animal-protein sources in your current diet with plant-based protein sources is a good first step! Certain plant-based foods are excellent sources of protein, often containing fewer calories and saturated fats with more fiber and antioxidants. To get more comfortable with plant-based proteins, start by eating protein-rich plant foods, like peanut butter or hummus, that you may already be familiar with and then taking it from there.

The following plant-based foods have a high-protein content per serving:

- Tofu, tempeh, and edamame (soy products) – 8-10 g per 1/2 cup
- Lentils, beans, chickpeas – 7-8 g per 1/2 cup
- Peanuts, Almonds – 8-10 g per 1/4 cup
- Quinoa – 4 g per 1/2 cup cooked
- Chia seeds, Hemp seeds – 2-5 g per tablespoon
- Protein-rich vegetables (kale, mushrooms, broccoli) – 3-4 g per 1/2 cup cooked

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