



# 9 Plant-Based Dishes to Enjoy Right Now!



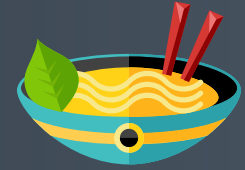
## Soup

Look for bean soups, vegetable soups, or chili. Some great choices are split pea, lentils, barley with vegetable, and black bean chili.



## Salad

No matter where you look, it is always easy to find a salad. Grocery stores have ready-made salads and kits and some even have salad bars!



## Stir Fry

It is easy to find an Asian restaurant that makes stir fry dishes with lots of veggies. Many contain veggies and rice or some have tofu, too. Or they use very little meat as a condiment.



## Oatmeal

Most coffee shops and restaurants serve oatmeal for breakfast. It is easy to take some to your office or class, too, and it makes a great snack, too.



## Toast

Avocado toast, fruit and nut toast, or peanut butter and jelly all offer a plant-based way to enjoy a sandwich.



## Mediterranean

Hummus, falafel, baba ganoush and Greek salad are all veggie based dishes that are flavorful, delicious, and easily found in urban areas and grocery stores.



## Mexican

It is easy to find vegetarian versions of Mexican food that you enjoy. Burritos, bowls, tacos, and salads are all filled with plenty of beans and veggies.



## Veggie Burger

Many burger places and grocery stores carry veggie burgers. Read the nutrition facts label to check sodium and saturated fat content.



## Wraps and Melts

Sandwich places and grocery stores make wraps and panninis that are filled with veggies. Plus you can always make your own with a tortilla, veggies, whole grains, and beans!