

P R O T E I N

Quinoa



Lentils



Nuts



As CSA veggies become an increasingly integral part of your diet, here are some ways to get protein that pair well with vegetables.

Incas called this the 'mother grain' because it contained more protein than any other grain. It is actually considered a complete grain because it contains all eight essential amino acids. Quinoa cooks just like rice, and is best toasted before cooked. It will cook up to four times its volume, and can substitute rice in any dish.

Lentils (a legume) are one of the most ancient forms of sustenance. This Middle-Eastern staple has long been used as a meat substitute with vegetables. They cook fairly quickly and need no soaking. It can be prepared as a side dish, and also in soups and stews. They are only available dried and will last for one year. There are 3 different kinds: brown, red, and yellow - all can be used interchangeably.

The flavor of most nuts benefits from a light toasting, either on stovetop or the oven. Toasting develops their flavor and hardens their texture. They add flavor and crunch to both savory and sweet dishes, either as a garnish or a fundamental component. For the summer they make great salad toppers.

(Nuts also go well with fruit; one of my favorite snacks is a dried date between two pecans.)