

Pasta with Braised Cannellini Beans

Servings: 6



Ingredients:

1 lb whole wheat pasta
 3 tbsp extra virgin olive oil
 4 cloves garlic, minced
 2 bay leaves
 1 tsp oregano
 30 oz (2 cans) cannellini beans
 ¾ cup water
 1 tbsp marjoram
 ¼ cup breadcrumbs, toasted
 2 tsp lemon juice

Cook pasta. Meanwhile, heat olive oil over medium heat. Add garlic, bay leaves and oregano, cook 2 minutes. Stir in beans, cook 2 minutes. Add water & simmer, stirring gently, for 4 minutes until beans achieve a creamy consistency, adding more water if needed. Stir in marjoram. Add pasta. Toss with toasted breadcrumbs. Drizzle with lemon juice & additional olive oil.

Feta, Black Olive & Oregano Salad

Servings: 6



Ingredients:

5 cups mixed field greens
 1 small red onion, chopped
 ½ cup tomato, chopped
 3 tbsp feta, crumbled
 ¼ cup pitted black olives
 3 tbsp extra virgin olive oil
 ¼ cup red wine vinegar
 1 tsp oregano
 1 tsp sugar
 Freshly ground pepper, to taste

Combine first 5 salad ingredients in large bowl. Whisk together remaining dressing ingredients in small bowl. Pour dressing over salad, toss gently & serve.

Nutrition Facts	
Serving Size 1 Be Fit Meal	
Servings Per Container 1	
Amount Per Serving	
Calories 600	Calories from Fat 160
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 530mg	22%
Total Carbohydrate 89g	30%
Dietary Fiber 16g	64%
Sugars 9g	
Protein 21g	
Vitamin A 40%	Vitamin C 10%
Calcium 15%	Iron 35%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

*BeFit Meal includes pasta and salad

Herb of the Month: Oregano



A source of iron, manganese and dietary fiber, as well as calcium, vitamin C, vitamin A and omega-3 fatty acids.

NewYork-Presbyterian
 The University Hospital of Columbia and Cornell



OCTOBER 24, 2011

IT'S TIME TO EAT REAL!

Food Day is aimed at promoting healthy, sustainable and affordable food systems in America...



Photo: © Elenathewise/fotolia.com

Think of it as Earth Day, but for FOOD!

By:
 Rachel Berger & Donna Kim

EATING A MOSTLY PLANT BASED DIET IS GOOD FOR OUR BODIES...

Vegetarian diets are associated with a lower risk of heart disease, type 2 diabetes, high blood pressure, obesity and cancer.



Every bit helps! Even if you choose just one day a week to go meatless, you will achieve some of the benefits. And guess what? **Vegetables are delicious!**

Healthy Habit Challenge:
Add 3 servings of veggies to your daily diet.



Resources:

Position of the American Dietetic Association: Vegetarian Diets. *J Am Diet Assoc.* 2009;109(7):1266-1282.

EATING A MOSTLY PLANT BASED DIET IS GOOD FOR THE ENVIRONMENT...

In general, plant-based diets require less energy, land and water than meat-based diets. Meat consumption worldwide is rising. **Let's get back on the vegetable bandwagon!**

Carbon Footprint – Meat is estimated to account for 1/5 of greenhouse gas emissions, which is more than the greenhouse gas emissions from transportation.

Water Usage – Meat production accounts for much greater water usage than vegetable or grain production. Water is a precious resource!

Fossil Fuel – Looking for ways to decrease our need for fossil fuels? Look no further than vegetables! It takes on average 25 calories of fossil fuel to produce 1 calorie of meat. It takes only 2.2 calories of fossil fuel to produce 1 calorie of grain.

Resources:

Pimentel D and Pimental M. Sustainability of meat-based and plant-based diets and the environment. *Am J Clin Nutr.* 2003;78 (supplement):660S-663S.
www.meatlessmondays.com/why-meatless.

HEALTHY PLATE MODEL



When choosing a meal, aim to fill up half your plate with fruits and vegetables, a quarter of your plate with a whole grain & a quarter with a lean protein. **Remember, the more vegetables the better!**

Excellent vegetarian sources of protein include: whole grains (i.e. quinoa or wheat berries) beans, lentils, nuts, peanut butter, tofu, eggs & cheese. The possibilities are endless!



Be Fit to Be'ne'FitSM
NewYork-Presbyterian Hospital