

Meatless meals (try it)

You don't have to become a vegetarian to enjoy a meatless meal. Try working more meatless meals into your week, suggests the Recipe Doctor, Elaine Magee, MPH, RD, author of Food Synergy.

- Substitute a soy “meat” product for the meat ingredient in casseroles, stews, tacos, and chili.
- Break out a can of beans. They make great meal replacers because they're super satisfying, with high amounts of protein and fiber. In a nice vegetable stew bursting with beans, you might not notice the meat is missing.
- Try a veggie potpie featuring potatoes, peas, mushrooms, and any other vegetables with vegetarian gravy and pie crust.
- Make Mexican dishes (burritos, nachos, enchiladas, for example) featuring beans and veggies instead of beef and chicken.
- Stir-fry Chinese cuisine with veggies and tofu and serve over rice or noodles.
- Stuff bell peppers with a mixture of rice with spices and vegetables plus vegetarian sausage, tofu, or beans to make the dish more satisfying.
- Layer lasagna with veggies instead of meat. Spinach replaces ground beef.
- A grilled Portobello mushroom can stand in for a burger on a bun.

