



Fuel for the Future

Plant-forward recipes, healthy eating tips and sustainability ideas to celebrate National Nutrition Month.



Introduction

Welcome to Fuel for the Future!

We're glad you're here. This resource was created by Bronson's team of nutritionists, registered dietitians and health educators.

We hope this inspires you to live and eat with the future in mind. In this booklet, you'll find nutrition tips for different age groups, sustainability ideas, and seven plant-forward recipes that support eating and living more sustainably.

Everyone can eat more plant-based, even if you are not vegan or vegetarian. Eating more plants and less meat has a huge impact on the environment. We hope these recipes inspire you to put more fruits, vegetables and whole grains on your plate!

We encourage you to adapt the recipes and recommendations in this booklet to fit your own needs, culture and food preferences. We'd love to hear how you got creative fueling your body for the future. Please share your ideas with us at floodc@bronsonhg.org.

Note: Fuel for the Future is a national campaign created by the Academy of Nutrition and Dietetics for National Nutrition Month 2023.



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Tofu and Veggie Stir Fry

Ingredients for Sauce

- 1 3/4 cup vegetable stock or water
- 3 tablespoons reduced-sodium soy sauce
- 2 tablespoons brown sugar
- 2 teaspoons cornstarch
- 1/2 teaspoon red pepper flakes, optional

Ingredients for Stir Fry

- 2 tablespoons oil, divided
- 14 ounces firm tofu, drained and cubed
- 2 cups fresh broccoli, chopped
- 2 cups red bell pepper, julienned
- 2 medium carrots, peeled and julienned
- 1 onion, julienned
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger root, peeled and minced, or 1/2 teaspoon dry ginger powder

Directions

1. Whisk sauce ingredients together in a small bowl. Set aside.
2. Add 1 tablespoon of oil to a large frying pan, heat until hot. Add the tofu cubes and cook over medium-high heat until all the sides are golden brown. Remove and set aside.
3. Add the remaining tablespoon of oil to the pan. When it's hot, add the veggies, garlic and ginger and sauté over high heat for 2-3 minutes. Stir frequently.
4. Add the cooked tofu and the sauce to the pan. Stir and cook for 1-2 minutes more, stirring occasionally and gently until the sauce thickens.
5. Serve immediately as is, or over noodles or rice.

Source: Adapted, Simple Vegan Blog Website. Serves: 4

Calories Per Serving: 270, Fat: 12g, Sat. Fat: 2g Carbs: 27g, Protein: 15g, Fiber: 7g, Cholesterol: 0mg, Sodium: 520 mg
*Nutrient analysis done with water

★ Cook's Notes

- Substitute agave syrup, maple syrup or honey for the brown sugar if you wish.
- Use any veggies you have on hand, such as green onions, green beans, cabbage, bok choy, cauliflower or mushrooms.
- Make it gluten-free: Use tamari instead of soy sauce.
- Love peanut butter? Whisk 1-2 tablespoons into the sauce.

Planet-Friendly Tip

If you have leftovers, instead of covering them with plastic wrap, store them in glass or BPA-free containers. It's better for the environment than single use plastic.

Nutrition Tips for Toddlers

During the toddler years, it's important to allow children to see, smell, touch and taste a wide variety of foods from all food groups. It's okay - in fact it's encouraged - to allow kids to play with their food!

Offer toddlers three meals and two-three snacks per day. Don't push food when toddlers are not hungry. Keep introducing new flavors and textures and be adventurous and try new foods yourself. **Children watch adults!**

Other Tips:

- Toddlers have small tummies. Serve healthy food in small portions.
- Avoid high-sodium foods, diet foods, sweets and empty calories. Limit juice to < 4 oz. per day and serve beverages in a cup, not a bottle.
- Serve a variety of healthy foods (lean protein, milk and dairy foods, fruits, veggies and grains). Then let toddlers decide what to eat and how much.
- Serve whole milk to kids under two years old, then switch to 2% or fat free. If a toddler can't drink cow's milk, serve unsweetened soy milk fortified with calcium and Vitamin D.
- Include iron-rich foods (meat, poultry, fish, beans and iron-fortified foods). Choose iron-fortified cereals.
- Beware of choking. Foods that may cause choking are raw veggies, hot dogs, grapes, hard cheese, popcorn and nuts.



Beyond Burger Goulash

Ingredients

- 1 (12 oz.) box whole grain elbow or rigatoni pasta
- 1 tablespoon olive oil
- 1 medium yellow onion, diced
- 1 green bell pepper, diced
- 2 garlic cloves, minced
- 1 lb. Beyond Meat ground beef
- 1 teaspoon oregano
- 1 tablespoon smoked paprika, optional
- 2 (15 oz.) cans reduced-sodium tomato sauce
- 2 (15 oz.) cans reduced-sodium diced tomatoes
- 1 bay leaf
- Salt and pepper to taste

Source: Adapted, Thyme and Love Website. Serves: 6

Calories Per Serving: 590, Fat: 18g, Sat. Fat: 4g Carbs: 81g, Protein: 27g, Fiber: 7g, Cholesterol: 5mg, Sodium: 300mg

Directions

1. Bring a large pot of water to boil. Cook the pasta according to the package instructions. Drain and set aside until needed.
2. Meanwhile, in a large pot heat the olive oil over medium heat. Add the onion and green pepper. Cook 10-12 minutes or until softened.
3. Add the garlic. Cook for 1 minute.
4. Remove the Beyond Meat from the package and add to the pot. Using a spatula, break it apart. Cook for 5-8 minutes, until it starts to brown.
5. Add the oregano and paprika. Stir in the tomato sauce, diced tomatoes and bay leaf.
6. Bring to a boil then reduce heat to low. Cook for 25-30 minutes.
7. Remove the bay leaf.
8. Add the cooked pasta to the pot and stir. Taste and adjust seasoning if needed.

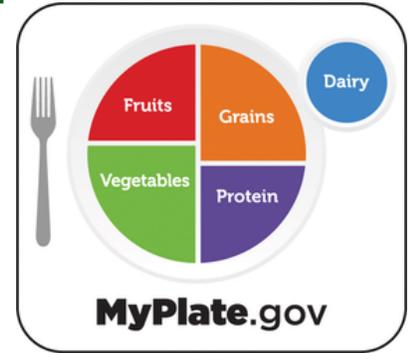
Planet-Friendly Tip

Did you know that you can buy reusable silicone covers to store partially used onions, peppers, citrus, avocados and more? They are inexpensive, easy to use, and can be washed with soap and water.

Nutrition Tips for Children

Children need balanced meals and snacks while they grow.

Meals and snacks should include carbohydrates, protein and fats. Use MyPlate as your guide. Be especially mindful of added sugars. These are often found in sugary drinks, candy, desserts and sweet snacks. Encourage children to eat more high-fiber fruits, vegetables, and whole grains.



- Serve low-fat or fat-free milk, plant-based milk or water instead of soda or juice drinks.
- Choose high-fiber (5 grams or more per serving) cereal, such as Cheerios or Shredded Wheat.
- Try raspberries and almonds or sunflower seeds for snack.
- Have popcorn on movie night!
- Cook more whole grains at dinner. Try whole grain pasta, brown rice, farro, bulgur, or quinoa.





Black Bean and Cheese Stuffed Potatoes

Ingredients

- 4 medium sweet potatoes
- 1/2 teaspoon of ground black pepper
- 1/2 medium red onion, finely diced
- 1 1/2 tablespoons of oil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1 (15 oz.) can no-salt added black beans, drained and rinsed
- 1/4 cup crumbled Cojita or feta cheese
- Optional Toppings: plain Greek yogurt, diced avocado and chopped cilantro

Source: Adapted, Food with Feeling Website. Serves: 4

Calories Per Serving: 350, Fat: 8g, Sat. Fat: 2g Carbs: 59g, Protein: 11g, Fiber: 13g, Cholesterol: 10mg, Sodium: 170mg

*Size of potato will change nutrient analysis

Directions

1. Pre-heat oven to 350 degrees F.
2. Pierce the sweet potatoes then place on a lightly greased baking tray. Bake for 55-65 minutes or until a fork can easily be inserted into the potato.
3. When the sweet potatoes have about 10 minutes left, heat the oil in a skillet over medium heat and then add in onion. Sauté for 5 minutes until the onions are almost tender. Add the spices, stir and cook for an additional 3 minutes.
4. Add the black beans to the skillet and toss to combine. Continue to cook, stirring frequently, until the black beans are fully heated through, about 5 minutes. Take off of heat and set aside.
5. Once the sweet potatoes are done baking, let them cool slightly. Cut the sweet potatoes open and shred the flesh from the skin so that the inside is mashed and easy to scoop.
6. Evenly spread the black bean mixture onto the potatoes. Sprinkle a little cheese on top.
7. Top with Greek yogurt, avocado and cilantro if using.

Planet-Friendly Tip

To save energy, cook foods that go **in the oven** in glass or ceramic dishes. According to the U.S. Department of Energy, if you switch to glass and/or ceramic dishes, you can set your oven for 25 degrees lower than the recipe calls for and your food will still cook just as well at a lower temperature.

Nutrition Tips for Teenagers

Teenagers tend to fall short of the recommended daily amounts for calcium, vitamin D, iron and zinc.

Calcium and vitamin D are important for strong bones. Teenagers need 1,300 mg of calcium daily, or 4 servings of low-fat, fat-free, or lactose-free dairy milk to meet this recommendation. For teenagers that follow a vegan or vegetarian diet, make sure to choose fortified plant-based milks. Here are some suggestions to include more calcium in meals and snacks:

- Include fat-free dairy or plant-based milk or yogurt at breakfast.
- Add sliced cheese to a sandwich at lunch with a side of almonds.
- Choose cooked broccoli and another glass of milk at dinner.
- Snack ideas: yogurt, low-fat string cheese, calcium-fortified cereal, calcium-fortified orange juice, edamame, almonds

Iron and zinc come from meat, poultry, fish, dried beans, lentils, nuts and seeds. How can YOU include some of these foods in meals and snacks?





Hummus Wrap

Ingredients

- 1 whole wheat tortilla
- 3 tablespoons hummus
- 1/2 medium cucumber, sliced
- 8 cherry tomatoes, cut in half
- 1/2 medium avocado, cut into slices
- 1/2 medium carrot, cut into thin sticks
- Healthy dressing, optional
- 1/2 cup mixed greens

Serves: 1

Calories Per Serving: 420, Fat: 23g, Sat. Fat: 5g, Carbs: 49g, Protein: 12g, Fiber: 15g, Cholesterol: 0mg, Sodium: 420mg

Directions

1. Place the tortilla on a clean work surface. Spread the hummus on the tortilla, leaving some room around the edges for when it is rolled.
2. Arrange the veggies on top, going in one direction, so you can roll the tortilla up when you're finished.
3. Drizzle the veggies with 1 tablespoon of your favorite sauce or dressing if desired.
4. Add a handful of mixed greens on top. Then fold in the two sides and roll up tightly.



Cook's Notes

- Experiment with a new hummus flavor, like olive or pine nut.
- Make a sauce using a small amount of plain Greek yogurt and salsa.
- Use Romaine lettuce for extra crunch.

Planet-Friendly Tip

Transporting foods long distances and using heated greenhouses or cold storage facilities uses a lot of energy. To reduce energy and save money, buy local and in-season when possible. Visit michigan.gov to see what's available and in-season. Then, plan your meals and choose your produce around what is available at different times of the year.

Nutrition Tips for Women

Women have different nutrient needs during certain times of life. Below are some specific needs of women of child-bearing age and women that are pregnant or breastfeeding.

Child-Bearing Age

- **Folic acid:** 400 mcg daily
 - **Sources:** dark green leafy vegetables, legumes, whole grains, citrus fruit and nuts
- **Calcium:** 1,000 mg daily
 - **Sources:** low-fat, lactose-free or fortified plant-based yogurt, canned salmon, cheese

Pregnancy

- **Folic acid:** 600 mcg daily
- **Vitamin D:** 600 IU daily
 - **Sources:** fortified orange juice, fortified milk, fortified cereal, cod, tuna
- **Iron:** 27 mg daily
 - oatmeal, meat, legumes (black beans, kidney beans), spinach

Breastfeeding

- **Calories:** Requires up to 400 more calories daily depending on how much you are nursing
- **Hydration:** Drink 12 (8 fluid ounce) caffeine-free beverages daily, depending on thirst



Garden Sloppy Joes

Ingredients

- 2 teaspoons olive oil
- 4 carrots, chopped
- 1 large green pepper, chopped
- 1 large onion, diced
- 1 lb. lean ground beef or turkey
- 1 heaping cup already-cooked lentils or canned, drained, low-sodium pinto beans
- 12 oz. reduced-sodium Sloppy Joe sauce
- 8 whole wheat buns

Source: Empty Nest Eats Website. Serves: 8

Calories: 300, Fat: 7g, Sat. Fat: 2g, Carbs: 40g, Protein: 16g, Fiber: 3g, Sodium: 450mg

- Nutrition analysis is for one Garden Sloppy Joe on a whole wheat hamburger bun.
- Be sure to check the sodium on the canned or jarred Sloppy Joe sauce. Brands vary greatly.

Directions

1. Heat the oil in a large skillet until hot. Add the chopped carrots, onion, and green pepper and cook to desired tenderness. Remove the veggies from the pan to avoid over cooking. If you don't mind soft veggies, you can leave them in the pan and dump the raw meat on top.
2. Add the ground meat to the skillet and cook over medium heat until almost fully cooked (10-15 minutes).
3. In a small bowl, rough-mash the beans or lentils.
4. Add the veggies, mashed beans and Sloppy Joe sauce to the meat and simmer until hot and the meat is cooked all the way through.
5. Serve over whole wheat buns.

Planet-Friendly Tip

If you are not vegetarian or vegan you can still positively impact the environment, the economy and your health by eating less meat and including more plant-based protein in your diet. A simple way to do this is to eat smaller portions of animal-based protein and/or eat more plant-forward meals throughout the week.

Nutrition Tips for Adults

Practice choosing foods rich in vitamins and minerals as part of a healthy dietary pattern. How? Choose lean proteins, low-fat dairy or dairy alternatives, unsaturated fats, whole grains, fruits and vegetables. Aim to fill half your plate with non-starchy vegetables! Here are some examples in each food group:

- **Lean protein:** skinless chicken/turkey, fish, tofu, pork loin, black beans, egg whites
- **Low-fat dairy/dairy alternative:** low-fat Greek yogurt, skim milk, soy milk, low-fat cheese
- **Unsaturated fats:** avocado, nuts, seeds, olive oil, peanut butter
- **Whole grains:** brown rice, barley, quinoa, whole wheat pasta
- **Fruit:** strawberries, oranges, banana, kiwi, blackberries, grapes
- **Vegetables:** spinach, bell peppers, mushrooms, tomato, cucumber





PB&J Smoothie

Ingredients

- 4 ounces silken tofu
- 1 1/2 cup almond milk
- 1 cup non-fat Greek yogurt or yogurt alternative
- 1/2 cup oats
- 1 cup strawberries
- 1/2 cup raspberries
- 2 tablespoons peanut butter
- 2 teaspoons honey
- 2 teaspoons chia seeds
- 1/2 cup ice

Directions

1. Measure ingredients and add all to a blender.
2. Blend well until smooth and creamy.
3. Enjoy!

Source: Andrea Woolley, MA, RDN, Bronson Methodist Hospital Clinical Dietitian. Serves: 2

Calories: 399, Fat: 15g, Sat. Fat: 3g Carbs: 46g, Protein: 24g, Fiber: 9g, Cholesterol: 6mg, Sodium: 132mg

Planet Friendly Tip

Buy fresh berries locally when they are in season and lower in cost. Then, prep and freeze them so you can eat them later in the year.

Nutrition Tip for Older Adults

Older adults may have unique nutritional needs. These needs may include more protein, less salt, less added sugars or more heart-healthy fats. Here are some suggestions to meet these needs:

- **Protein:** Have a protein source with each meal and snack. Try eggs, bean soup, a low-fat mozzarella cheese stick, tuna salad or baked fish.
- **Salt:** Try sodium-free seasonings to replace salt. Some ideas are garlic powder, black pepper, basil or cilantro.
- **Sugar:** Choose sugar-free beverages such as unsweetened tea or water. Add sliced strawberries and basil to water for a new taste!
- **Heart-healthy fats:** Also called unsaturated fats, try avocado oil in salad dressings, peanut butter on banana, or roasted vegetables with olive oil.



Tempeh Bacon, Lettuce, Tomato Sandwich

Tempeh Bacon Ingredients

- 6 oz. tempeh
- 1/2 tablespoon oil
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon rice vinegar
- 1 1/2 tablespoons maple syrup
- 1 teaspoon liquid smoke
- 1 teaspoon smoke paprika
- 1/4 teaspoon ground pepper
- 1/4 teaspoon cayenne pepper (optional)

Sandwich Ingredients

- 8 slices rye bread
- 2 Roma tomatoes, sliced
- Several lettuce leaves
- 3 tablespoons low-fat mayonnaise
- 1 tablespoon pesto sauce

Directions

1. Cut tempeh width-wise into 1/4 inch pieces and place flat in a shallow bowl. You should have 12 pieces of tempeh (3 pieces for each sandwich).
2. Mix remaining ingredients for the tempeh bacon and pour over tempeh, tossing tempeh to coat. Marinate for 10-15 minutes.
3. Preheat oven to 400 degrees F. Line a baking sheet with parchment paper and place tempeh bacon on the sheet. Reserve remaining marinade.
4. Bake for 10 minutes, flip tempeh pieces over and brush remaining marinade over the bacon.
5. Bake for an additional 8-10 minutes.
6. Mix together low-fat mayo and pesto sauce.
7. Assemble TBLT sandwiches. Spread 1/4 of the mayo-pesto mixture on 4 slices of bread. Place 3 pieces tempeh bacon, 2 slices tomato and leaf lettuce on the rye bread. Enjoy!

Source: Adapted, Minimalist Baker website. Serves: 2

Calories: 369, Fat: 13g, Sat. Fat: 3g, Carbs: 55g, Protein: 13g, Fiber: 7g, Cholesterol: 3mg, Sodium: 313mg

Planet Friendly Tip

If you have leftover bread that is beginning to get stale don't throw it out. Make delicious [homemade croutons](#), [breadcrumbs](#), [bread pudding](#), or an [egg strata](#) with it.

Links and Resources

Below are more recipes and resources to help you *Fuel for the Future*. Click the links below.

- [Academy Celebrates 2023 National Nutrition Month®](#)
- [Plant-entions](#) – a Bronson recipe book with 21 plant-forward recipes
- [Bronson Eats Web page](#) – upcoming nutrition and health ed classes, recipes, class tip sheets
- [MyPlate](#) – get a personalized food plan
- [Harvard – Plate and the Planet](#) – tips to shift toward more planet-healthy food choices
- [Have a Plant](#) – plant-forward recipes from Produce for Better Health
- [Plant Forward Recipes from KVCC](#) – Foodways Symposium 2021
- [Healthy Recipes from Bronson](#)
- [Find a Dietitian at Bronson](#)

