



newsletter

April 2025

Heart Health: Earth Month

This year we celebrate the 55th anniversary of Earth Month and the theme is “Our Power, Our Planet.” Now more than ever, we need to step up our efforts to combat climate change, protect biodiversity, and preserve our ecosystems.

DID YOU KNOW?

- Food is the cause of 30% of all carbon emissions.
- Raising animals for food takes up half of the water in the US.
- It takes 11 times more fossil fuel to make 1 calorie of animal protein than it does to make 1 calorie of plant protein.

Does this mean that everyone needs to become a vegetarian? No, but choosing to eat plant-based even one day per week can save a substantial amount of our earth's precious resources. Eating sustainably means that we choose foods that are healthy for our bodies and the environment. Plant-based eating includes more foods from fruits and vegetables, legumes (beans, peas, peanuts), nuts and seeds, and whole grain products.

Follow some of these tips to adapt to more sustainable eating patterns:

USE THE TAP: Tap water comes from a localized area whereas bottles of water or other beverages are usually shipped from locations far away and require more fossil fuel for transportation. Carry around a reusable water bottle and fill up at the tap.

BUY LOCALLY: Visit your local farmers market or local farms to choose fresh produce and products that require less travel time, and therefore less fuel released into the air. It also is a fantastic way to get involved and support your community!

EAT SEASONALLY: When products that are not in season, such as strawberries in the middle of January, they require shipments from outside locations, sometimes from far, far away. Research what peak seasons are for select produce to help keep a sustainable plate.

RETHINK YOUR GROCERY LIST: Make your grocery list include bulk items, minimally processed and more plant-based foods. This allows for less packaging and processing to avoid waste and unnecessary energy.

INCORPORATE MORE PLANTS: Research is showing that plant-based dietary patterns are linked with lower environmental impact compared to Western dietary patterns (high intakes of red meat, processed meat, pre-packaged foods, fried foods, etc.). Try to incorporate more plants into your diet like adding extra vegetables to your egg omelet, switching to a plant-based protein (tofu, black beans, nuts and seeds), or even going meatless for a day can really help the environment plus provide you with beneficial nutrients!



FOR MORE INFORMATION PLEASE CONTACT:

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Lentil Shepherd's Pie

Prep Time: 15 to 25 minutes | Cook time: 30 to 35 minutes | Yield: 6 Servings



INGREDIENTS

- 3/4 cup raw lentils
- 1 pound 14 oz peeled and cut up white potato
- 3/4 cup soy milk
- 6 Tablespoon vegan margarine
- 1 1/4 tsp kosher salt, divided
- 2 1/4 tsp canola oil
- 3/4 cup diced red onion
- 2 1/4 teaspoon minced garlic
- 3/4 cup peeled and diced carrots
- 4 cups sliced mushroom
- 3/4 cup frozen green peas
- 1/2 cup frozen green beans
- 1 cup frozen corn
- 1 1/2 teaspoon fresh thyme leaves
- 3/4 teaspoon ground black pepper
- 1 1/2 cup low sodium vegetable stock
- 5 teaspoon cornstarch

INSTRUCTIONS

- 1.While potatoes are cooking, heat oil in a large sauté pan over medium heat. Add onion. Sauté for 2 minutes or until slightly softened. Add garlic. Sauté for 30 seconds or until fragrant.
- 2.Add carrots. Sauté until bright orange color. Add mushroom. Cook for 6 to 8 minutes or until dry.
- 3.Add peas, green beans, corn, thyme, pepper and 3/4 tsp salt. Stir to combine. Cook for 1 minute.
- 4.Combine cornstarch and low sodium stock until well dissolved. Add to vegetables. Cook until slightly thickened. Place vegetable mixture into a 9 x 13 baking dish.
- 5.Top with cooked lentils. Spread out evenly. Top with mashed potatoes. Using a spatula, smooth out potatoes. Bake in a preheated 350 degree F. oven for 30 to 35 minutes or until heated through, bubbly and potatoes are browned.
- 11.Let rest for 10 to 15 minutes prior to cutting. Serve.

Nutrition Facts:

Calories: 360, Carbs: 53g, Protein: 11g, Fat: 12g,
Sat. Fat: 3g, Cholesterol: 0g, Sodium: 494mg, Fiber: 8g