



## EARTH CARE @LEWINSVILLE

### COZY WINTER MEALS...WITHOUT MEAT OR DAIRY!

CINDY SPEAS AND JOHN CLEWETT

As author and Professor Michael Pollan (best known for his books about food) says: “Eat food. Not too much. Mostly plants.” Why? Because reducing our intake of meat and dairy products will improve not only our own health ([NutritionFacts.org](https://www.nutritionfacts.org)), but also that of the planet ([drawdown.org/solutions/food](https://drawdown.org/solutions/food)).

Awareness of the environmental and health benefits of whole food, plant-based diets continues to grow, and initiatives like “Meatless Mondays” or “OMD-One Plant Meal a Day” are designed to help families move in that direction. How does this fit into our desire for wintertime cozy comfort food—chili, stew, lasagna or grandma’s homemade soup?

The good news is that hearty favorites like these can easily be made with whole-food, plant-based ingredients (e.g., [allrecipes.com/recipes/1227](https://www.allrecipes.com/recipes/1227)). The aroma and taste of a meatless chili will remind everyone of their own favorite long-used recipe.

Take some time to “noodle” around the internet for recipes that will delight you and your family—try a new one each week! One site with many recipes and great photos is [forksoverknives.com/recipes/#qs.q6hpil](https://www.forksoverknives.com/recipes/#qs.q6hpil). Chinese, Indian, Mexican and Italian/Mediterranean cuisines offer an abundance of plant-based options for you to make—or enjoy them when you eat out (or take out). Nothing is more delicious than well-cooked, well-seasoned fresh vegetables, beans, and grains—you’ve been cooking some of them as “side” dishes for years—so experiment, and have fun!

Bon appetit!