

# PLANT-BASED POWER HOUR

with Dr. Chef Stephanie Michalak &  
The Osher Center for Integrative Health



University of  
**CINCINNATI**

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1 cup, Cooked  
Whole Grain

2-3 Tbsp,  
Dressing

1-2 cups, Assorted  
Vegetables (or  
Fruit), Prepared

1/2 cup,  
Cooked  
Plant-Based  
Protein

2 Tbsp,  
Toasted  
Seeds or Nuts



WHAT YOU NEED

WHAT YOU DO

1) Place whole grains  
into a bowl or food  
storage container

2) Place prepped  
vegetables and protein  
on top of grains

3) Garnish with toasted  
seeds and drizzle  
dressing on top. If  
storing for later, place  
dressing and seeds into  
two small, air-tight  
containers until ready to  
eat/serve.



# WHAT IS A PLANT-BASED DIET?

A healthy, plant-based diet aims to maximize consumption of nutrient-dense plant foods while minimizing processed foods, oils, and animal foods (including dairy products and eggs). It encourages lots of vegetables (cooked or raw), fruits, beans, peas, lentils, soybeans, seeds, and nuts (in smaller amounts) and is generally low-fat.

## WHAT YOU NEED



- 3/4 cup - Raw Grain, such as quinoa, brown rice, millet, sorghum, farro, or amaranth
- As needed - Water or Vegetable Stock\* (amount varies on grain)
- As needed - Salt

## WHAT YOU DO

- 1) Place raw grain, liquid, and a pinch of salt into a pot. Bring to a boil. Reduce to a simmer, cover, and allow to cook until tender (cook time will vary depending on the grain used).
- 2) Drain any excess liquid and place it into a bowl or onto a sheet tray to allow the grains to cool rapidly.
- 3) Reserve for later.

## BENEFITS OF A PLANT-BASED DIET

- ✓ Vegetarian diets are associated with lower systolic blood pressure and lower diastolic blood pressure
- ✓ Plant-based diets may offer an advantage over those that are not plant-based with respect to prevention and management of diabetes
- ✓ Vegetarian diets are nutrient-dense and can be recommended for weight management without compromising diet quality

## WHAT YOU NEED

1-2 cups - Assorted  
Vegetables (or  
Fruit), Prepared

1/2 cup - Cooked  
Plant-Based  
Protein

## WHAT YOU DO

- Choose 2-3 vegetables or fruit.
- Try different cooking styles, such as roasting one vegetable and leaving the other raw to provide different flavors, colors, & textures
- Options include cooked beans, legumes, or items like tofu, tempeh, or seitan
- Cooking methods will vary, but consider the flavor and texture compared to the other items

## WHAT YOU NEED

2-3 Tbsp -  
Dressing

2 Tbsp - Toasted  
Seeds or Nuts

## WHAT YOU DO

- Consider the flavor combinations of dressing with other components.
- Some options include a vinaigrette, tahini-lemon dressing, or green goddess
- Try to make dressings from scratch to avoid additives!

- Seeds and nuts can provide texture and extra nutrients
- Sesame seeds, pumpkin seeds, sunflower seeds, walnuts, pecans, cashews, and hazelnuts are only a few!
- These can be toasted either in an oven or in a saute pan

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