



# How to...



## DID YOU KNOW?

Nearly 1.5 billion people around the world are vegetarian.

# Eat more like a vegetarian

## Try these ideas for embracing plant-based meals—at least sometimes!

In recent years, more people have chosen to eat more plant-based foods—such as beans, vegetables, and whole grains—and less meat, poultry, and fish. They may have meat sometimes, but their goal is to eat vegetarian more regularly. If you want to try it with your family, here's how.

### Spread enthusiasm

You can share what you have learned about eating a plant-based diet with the dinner decision-makers in your home. They may be more easily convinced if you take a role in planning meals. "If you're coming up with a dinner idea, that's a big help to your family," Jenny Rosenstrach, author of the new cookbook *The Weekday Vegetarians Get Simple*, told *The Week Junior*. (See the book and her recipe for empanadas on the opposite page.) Take it a step further: See what ingredients you already have on hand, and make a list of what you might need to buy.



Add color to your meals.

### Start with your favorites

Making the switch to eating less meat can be surprisingly easy. "A good place to begin eating more vegetarian is to start where you already are," said Rosenstrach. "A lot of the foods your family eats may already be vegetarian."

For example, if your family likes pizza, experiment with different colorful plant toppings, like eggplant or broccoli. If you like quesadillas, try adding diced, sautéed veggies such as poblano peppers, zucchini, or onions.

### Aim for flexibility

Although many people are happy to eat vegetarian all the time, you don't necessarily have to aim for that. Rosenstrach said she and her family decided to eat meat only on the weekends, which made the change to eating more vegetables during the week easier. Ask a parent if that is something your family could try. Not having a strict rule may help you cut back on how much meat you eat, Rosenstrach said. Another option is starting to eat vegetarian for lunch when you pack it yourself or buy it in the school cafeteria.

### Add a hook

When your family is experimenting, try to have at least one "hook" with your meal. "A hook is something you're especially looking forward to on your dinner table," said Rosenstrach. For instance, it might be a homemade flatbread to serve with a delicious new curry or a simple dressing (like olive oil, fresh lemon juice, and salt and pepper) you whisked together for a green salad.

## A few must-haves



Keeping these ingredients on hand can make vegetarian meal planning quick and easy.

**Premade pizza dough** It's easy to make your own pizza when you have dough ready to go! You can find it in the refrigerated section at the supermarket.

**Baked tofu** Unlike regular extra-firm tofu, baked tofu already has its moisture expelled. That makes it fast-cooking. Fry it up in a skillet with vegetables for a satisfying lunch or dinner.

**Frozen precooked rice** Having precooked rice in the freezer means you can always make a meal of vegetable fried rice.