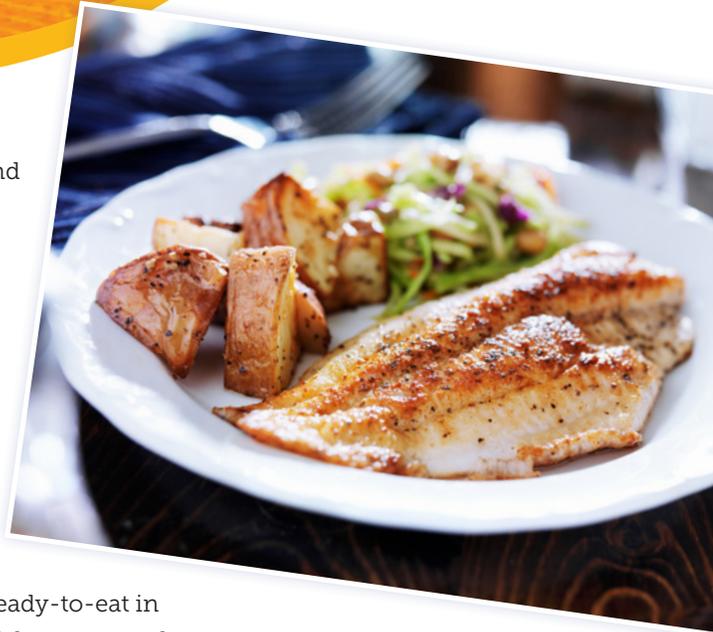


# More Protein, Less Fat: Surprising Sources of Lean Protein

Proteins are the building blocks of life: They repair cells in your body and help build muscle. Because protein foods take longer to digest, eating protein at every meal can help you feel satisfied and full longer. Most people know protein is found in foods in the meat group and dairy group. **But you may be surprised to learn about these super-lean, protein-rich foods:**

**Tilapia** – All fish are sources of lean, high-quality protein; tilapia is one of the leanest. A 3-ounce serving has a whopping 23 grams of protein with only 2 grams of fat and 110 calories. Including more lean protein in the diet can help maintain a healthy weight and healthy blood sugars. Tilapia is a quick-cooking fish with a deliciously, mild flavor that is perfect for those just learning to like seafood. It is also available ready-to-eat in convenient pre-seasoned flavor pouches in the canned seafood aisle of the supermarket.



**Lentils** – All legumes (beans and lentils) contain a good amount of protein. But lentils contain more protein per half-cup serving – about 9 grams – than some other popular beans including black beans (7 grams), garbanzo beans (7 grams) and kidney beans (7 grams). Lentils are speedy to cook because, unlike beans, they require no pre-soak; after bringing lentils to a boil, simmer for just 20 minutes. Lentils can be substituted for beans in any recipe.

**Brown Rice** – Not only does brown rice have more protein – 3 grams per ½ cup serving – than white rice (2 grams per serving), but it also has more fiber (2 grams of fiber compared to less than 1 gram in white rice). Brown rice also has more B vitamins. If your family is not used to eating brown rice, try combining brown and white rice when cooking until everyone gets used to the toasty, nutty flavor of brown rice.

**Sundried tomatoes** – Surprise! One cup of sundried tomatoes (not the oil-packed variety) has nearly 8 grams of protein per cup. A tasty snack with reduced-fat cheese or a great sub for fresh tomatoes on salads, these flavor-packed chewy bites are also packed with potassium – over 50% of the recommended daily value. (DV)

**Artichokes** – Another protein-rich vegetable is artichokes hearts. Found in the frozen or canned food aisle, 1 cup of hearts contains 5 grams of protein. Add convenient artichoke hearts to salads or pasta dishes. Whole artichokes are also rich in protein, with almost 4 grams per artichoke; and eating artichokes whole is certainly the most fun way to eat them!

Now, for a protein-packed meal, try putting all these flavorful foods together: top ½ cup of brown rice with a pouch of tilapia in marinara sauce mixed with ½ cup lentils, then sprinkle with a few sundried tomatoes and artichoke hearts. **Your meal will contain about 30 grams of protein and 400 calories.**



# More Protein, Less Fat *continued*

## Papaya and Tilapia Salad

### Ingredients:

#### Dressing ingredients

- 1/4 cup extra virgin olive oil
- 2 tablespoons freshly squeezed lime juice
- 1 tablespoon shallot, chopped
- 1 tablespoon light brown sugar
- 1 teaspoon fish sauce
- 1 inch piece fresh ginger, peeled and cut into thin slices
- 1 clove garlic
- Salt to taste

#### Salad ingredients

- 4 (3 ounce) Chicken of the Sea® Teriyaki Sesame Tilapia pouches
- 1/2 cup basil leaves, preferably Thai basil, coarsely chopped
- 1/2 cup mint leaves, coarsely chopped
- 1/2 firm papaya, peeled, seeded and cut into thin strips (about 1 1/2 cups)
- 1 firm mango, peeled, pitted and cut into thin strips (about 1 cup)
- 1 cucumber, cut into thin strips (about 1 cup)
- 1 medium red bell pepper, cut into thin strips
- 1/4 cup roasted peanuts

**TOTAL TIME:**  
**30 MINUTES**

**SERVINGS:**  
**4**

#### NUTRITION:

**Calories 380**  
**Fat 21g**  
**Protein 19g**  
**Carbs 32g**  
**Sodium 890mg**  
**Sugar 22g**



Recipe provided by Chicken of the Sea®

### Directions:

1. To make dressing place all ingredients in the work bowl of a food processor or blender and blend until smooth and creamy.
2. To make the salad place all the ingredients in a large bowl, drizzle dressing over the top and toss gently to combine. Serve immediately or chill for up to 1 hour.

## Tilapia Mulligatawny Soup

### Ingredients:

- 2 tablespoons canola oil
- 1 medium yellow onion, chopped
- 2 cloves garlic, chopped
- 2 teaspoons garam masala
- 1/2 teaspoon ground coriander
- 1/2 teaspoon curry powder
- 1 cup red lentils
- 4 cups low sodium chicken broth
- 1/2 cup canned light unsweetened coconut milk
- 1 medium tomato, diced
- 1/4 cup frozen petite peas, thawed
- 4 (3 ounce) Chicken of the Sea® Yellow Curry Sauce Tilapia pouches, broken into pieces
- 1 tablespoon fresh squeezed lemon juice
- 2 tablespoons cilantro, coarsely chopped

### Directions:

1. Place oil in a medium saucepan over medium-high heat. Add onions and cook, stirring frequently, until golden, about 5 minutes.
2. Add garlic, garam masala, coriander and curry powder; cook until fragrant, about 1 minute. Stir in lentils and chicken broth. Bring to a boil over high heat, reduce heat to medium, and simmer until lentils are tender, about 15 minutes. Remove from heat and let cool slightly.
3. Transfer soup to a blender and blend until smooth (hold top of blender down with a kitchen towel to keep in place as hot liquids can cause the blender top to pop off). Return soup to saucepan.

**TOTAL TIME:**  
**35 MINUTES**

**SERVINGS:**  
**4**

#### NUTRITION:

**Calories 430**  
**Fat 14g**  
**Protein 33g**  
**Carbs 45g**  
**Sodium 730mg**  
**Sugar 9g**



Recipe provided by Chicken of the Sea®

4. Add coconut milk, tomato, peas, and 3 pouches of the tilapia. Cook until just heated through.
5. Stir in lemon juice, garnish with remaining tilapia and cilantro and serve hot.

