



# LEGUMES:

Full of fiber and protein which slow glucose release!



Asian Green Beans w/sesame & red bell peppers, Adeni Style Red Kidney Beans, White Bean Squash Sauté, Black Bean Veg Chili, Falafel balls, Tempeh Veg Skewers, Split Pea Veg Soup, Lemon Fava Beans w/artichoke hearts, Lentil Burger, Hummus Meza Plate, Lentil Mushroom Stew, Garbanzo Top Green Salad, Bean Tostada, Tempeh Strips n'Eggs, Tofu Steaks with Green Beans.