



IP soybeans ... Can they be eaten in winter? Identity-protected (IP) soybeans are different from other types of soybeans (often GMO) that are grown in Quebec. This is an indication of quality and a guarantee that they are GMO-free.

## BENEFITS

Legumes contain more fiber and less saturated fat than other types of high-protein foods, so they're good for your heart. An important source of protein and iron, and rich in fiber, legumes are good for your health!<sup>1</sup> They satisfy your hunger (sensation of fullness) and have one other super power: they help maintain healthy digestion! Their high protein and lipid content levels make them one of the few oilseeds that can be used for either their oil or their protein content.<sup>2</sup>

Like other legumes, IP soybeans are able to absorb nitrogen from the atmosphere, making them suitable for soils with low levels of organic matter, and they require little nitrogen fertilizer.

## GOOD TO KNOW

- You can add as many vegetables as you like! Just spread them out on a second baking sheet.
- If bell peppers are out of season, use sweet potato fries and/or corn kernels as a topping to make this recipe more budget-friendly.
- Top with salsa, sour cream, yogurt, or cheese for an extra juicy bite!
- If you're using traditional corn tortillas, brown them in a skillet for a few seconds on each side.

## TOFU FAJITAS



5 MINUTES 30 MINUTES

**Servings: 2 to 4**

### INGREDIENTS

- 1 yellow onion, cut into half-rings
- 1 bell pepper, cut into strips
- 434 g (1 block) extra firm tofu, cut into 1 cm sticks
- 10 ml (2 tsp) cumin
- 5 ml (1 tsp) oregano
- 2.5 ml (½ tsp) garlic powder
- 10 ml (2 tsp) canola oil
- 4 small or 2 large whole wheat or corn tortillas
- Salt and pepper to taste

### PREPARATION

1. Preheat the oven to 400°F (200°C).
2. Place onions, bell peppers and tofu on a baking sheet.
3. Sprinkle with cumin, oregano, garlic powder, salt and pepper. Add oil and toss well.
4. Bake for 30 minutes.
5. Top tortillas with tofu, warm vegetables and your favorite toppings.

**Source:** [Viens Manger](#), adapted by Amélie Parenteau, nutritionist for Équiterre

1. <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-protein-foods/>

2. IRÉC. (2023). Research report: les filières de produits au cœur de l'autonomie alimentaire: analyse et propositions pour une politique bioalimentaire structurante. pp. 98-99.

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## BANH MI WITH TOFU AND MUSHROOMS



🕒 20 MINUTES 📅 30 MINUTES

Servings: 4

### INGREDIENTS

- 1 block (434 g) firm, sliced tofu
- Sliced mushrooms
- 230 g chopped fresh coriander
- One baguette loaf (285 g), sliced in half, lengthwise
- Regular mayonnaise and sriracha, to taste

### FOR THE PICKLED VEGETABLES

- 2 carrots, julienned or 250 ml (1 cup)
- 125 ml (½ cup) daikon radishes, julienned
- 45 ml (3 tbsp) rice vinegar
- 15 ml (1 tbsp) sugar

### FOR THE SAUCE

- 45 ml (3 tbsp) hoisin sauce
- 5 ml (1 tsp) soy sauce
- 1 clove garlic, minced
- 2.5-5 ml (½ teaspoon) sriracha
- 5 ml (1 tsp) ketchup
- 30 ml (2 tbsp) warm water
- 5 ml (1 tsp) toasted sesame oil
- 1.25 ml (¼ tsp) 5-spice mix

## HOW IS IT USED IN THE KITCHEN?

Tofu is incredibly versatile, thanks in part to its many different levels of firmness! Firm and extra-firm tofu are excellent substitutes for meat in spaghetti sauces. Soft tofu, on the other hand, can be used to make your soups or smoothies (extra) creamy!

## PREPARATION

1. Preheat the oven to 350F.
2. Mix the julienned carrots and radishes, rice vinegar and sugar.
3. Heat the marinated mixture in the microwave for 30 seconds and refrigerate.
4. Mix ingredients for the sauce.
5. Spread tofu and mushrooms separately onto baking sheets lined with reusable baking paper (or parchment).
6. Spread sauce over the tofu and mushrooms.
7. Bake for 30 minutes at 350F, stirring halfway through.
8. Top buns with mayonnaise and sriracha sauce to taste, add tofu, mushrooms, and marinated vegetables. If available, add fresh coriander and/or lettuce for extra freshness.

**Source:** Inspired by the CHU Sainte-Justine, adapted by Amélie Parenteau, nutritionist for Équiterre

## GOOD TO KNOW

- Heating the marinated vegetables in the microwave for 30 seconds and placing them in the fridge will reduce the marinating time and more effectively dilute the sugar.
- Any type of radish can be used, including watermelon radishes from Quebec, for example.
- The bread shouldn't be too crusty: go with a soft type, in order to be able to soak everything up!

## WHY ADOPT A PLANETARY HEALTH MENU?

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