



Simple Protein Combinations

- *2 T. peanut butter + whole wheat English muffin (14g)
- *½ c. uncooked oatmeal when cooked with ½ c. milk + banana (11g)
- *1 oz. walnuts + ½ c. ricotta cheese + ¼ sliced apple (18g)
- *½ c. whole wheat pasta cooked with ¼ c cannellini beans, 2 c. fresh spinach, ¼ c. mozzarella cheese, 2 T. olive oil (16g)
- *½ c. cooked quinoa tossed with ¼ c. garbanzo beans (8g)
- *¼ c. black beans with 2 tsp. shredded Mexican cheese on an 8-inch tortilla (12 g)



compiled by Sister Kathleen Storms, SSND