



PLANT-BASED QUICK TIPS

There are lots of delicious options to fill your plate with more plant-based goodness. Here are some tips on choosing plant-based* items.

Meal planning on a specialty diet takes effort—we're here to help! Consider these substitutions when planning your next meal:

IF YOU EAT THIS	SUBSTITUTE THIS
Butter or other animal fats (tallow, lard, etc.)	Vegetable, nut, and seed oils, coconut oil and coconut butter, applesauce in baked goods
Eggs	Aquafaba, flaxseed, soft tofu
Dairy milk and yogurt	Soy, pea, almond, rice, oat, hemp, cashew, and coconut milks and yogurts
Dairy cheese	Plant- and nut-based cheeses, nutritional yeast
Meat, poultry, and fish	Legumes, grains, tempeh, tofu, nuts, seeds, jackfruit, and plant-based "meats"
Mayonnaise	Eggless mayonnaise, hummus, tahini sauce, mashed avocado, olive oil
Chicken and beef broth	Vegetable stock, corn stock, mushroom stock, miso paste, 100% juice

*We use plant-based terminology to mean that the items or recipes are compliant based on the NSF standard which can be found at www.nsf.org/services/by-industry/food-safety-quality/label-claims/certified-plant-based



PLANT
BASED

SAVORY CHICKPEA PANCAKES WITH AVOCADO, MINT, AND GINGER CHUTNEY

Makes 8 pancakes

Chickpea pancakes topped with a flavorful chutney are simple and delicious! Customize the dish by adding your favorite fresh or roasted vegetables and microgreens.

INGREDIENTS:

Pancakes:

1 cup garbanzo bean (chickpea) flour

1/4 tsp cumin

1/2 tsp salt

Chipotle powder or cayenne pepper, pinch or two

3/4 cup water

3 Tbsp  Extra Virgin Olive Oil

Chutney:

1/3 bunch cilantro, finely chopped

1 medium avocado, diced

8 sprigs of mint, finely chopped

2 Tbsp lime juice

1-inch piece fresh ginger, peeled and grated

1/2 to 1 serrano pepper, seeded and finely chopped

Salt, to taste

DIRECTIONS:

1. Combine the garbanzo bean (chickpea) flour, cumin, and salt in a bowl. Slowly whisk in water and 2 Tbsp olive oil to make a smooth pancake batter. Set aside to rest for 15-20 minutes.
2. Combine all chutney ingredients in a medium bowl. For a smoother chutney, pulse ingredients in a mini chopper or food processor. Cover and chill.
3. Place a large nonstick skillet over medium heat. Drizzle 1 Tbsp olive oil into skillet and rotate pan to coat. Spoon 2 Tbsp of batter onto skillet. Cook for a minute or two, until bubbles form across pancake and edges begin to dry; flip and cook until golden on both sides. Remove to a warm plate and cover with a towel while cooking remaining pancakes.
4. To serve, top each pancake with a spoonful of chutney.

Cook's Tip: Vary the dish by adding your own favorite toppings such as diced roasted vegetables, chopped fresh vegetables, and/or microgreens.

Nutrients Per Serving (8): Calories 182; Protein 4 g; Carbohydrate 16 g; Net Carbohydrates 12 g; Total Fat 12 g

Nutrient analysis does not include optional or "to taste" ingredients, garnishes, fat used to grease pans, or accompaniments unless amounts are given.



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