

## VEGANUARY: TRY SOMETHING NEW FOR THE NEXT 31 DAYS

*Contributed by Mandy Enright, MS, RDN, RYT*

Anything is possible to do for 31 days, right? What if you started the new year with a new challenge: amping up the plants for Veganuary! Who knows – you may even develop some new plant-forward habits along the way!

### Veganuary

Veganuary is a pledge in January and the nonprofit organization that coordinates it. Veganuary challenges individuals to try going vegan for at least one month in January, and potentially beyond.

Before you think you have to say goodbye to all animal proteins forever, know that there are many plant-forward lifestyles that incorporate animal proteins in varying amounts. It's up to you to decide which types of animal proteins you want to enjoy, how much, and how often. Remember: the ultimate goal is to eat more plants. If you're confused about the different types of plant-based eating lifestyles out there, here's a cheat sheet:

**Flexitarian:** plants are the focus of your meals, but you can also enjoy a flexible eating pattern that includes meat, eggs, and dairy.

**Pescatarian:** emphasizes seafood, milk, eggs, and plant-based sources of protein along with fruits, vegetables, and grains.

**Vegetarian:** typically excludes animal flesh but can include dairy and eggs. Some vegetarians, called semi-vegetarians, may choose to consume chicken and fish as well. Other vegetarians may choose to consume dairy but no eggs, or vice versa.

**Vegan:** no foods from animal flesh or animal sources, including honey. Protein from beans, legumes, nuts, and seeds, along with consuming fruits, vegetables, and whole grains.

### Best Sources of Plant-based Protein

Even if you choose not to eat meat or any animal products, it's still important to get protein from plant-based sources. Here are some items to stock up on for Veganuary:

- Tempeh (20g protein per 100g)
- Tofu (17g protein per 100 g)
- Edamame (11g protein per 100g)
- Lentils (8-9g per 100g)
- Beans (7-10g per 100g)
- Chickpeas (7g protein per 100g)
- Peas (7g protein per 100g)
- Soymilk (5g per 100 g)
- Nuts & seeds (3-5g per tablespoon)
- Quinoa (4g protein per 100g)

### Veganuary Inspiration

Up for the Veganuary challenge? Here are some resources to help set you up for success and provide you with delicious plant-forward recipes:

- Veganuary ([veganuary.com](http://veganuary.com))
- Meatless Monday ([mondaycampaigns.org/meatless-monday](http://mondaycampaigns.org/meatless-monday))
- Fruits and Veggies: Have a Plant ([fruitsandveggies.org](http://fruitsandveggies.org))





## Jackfruit Carnitas Tacos

### Ingredients:

- 2 (14-ounce cans) young jackfruit in water or brine, rinsed and drained
- 2 tablespoons avocado oil
- 1 small onion, finely diced
- 3-4 cloves garlic, minced
- 1 tablespoon tomato paste
- 1 teaspoon cumin
- 2 teaspoons chili powder
- 1 teaspoon dried oregano
- 1 teaspoon smoked paprika
- ½ teaspoon sea salt, more to taste
- ¾ cup vegetable broth
- 8 corn tortillas, warmed

### Mango Avocado Salsa (optional):

- 2 cups peeled and diced mango, about 2 medium
- 1 medium ripe avocado, diced
- ¾ cup diced red onion
- ½ cup diced cucumber
- 3 tablespoons fresh orange juice
- 3 tablespoons fresh lime juice
- ½ cup cilantro, finely chopped
- Sea salt

### Instructions:

1. Using your hands or two forks, shred the jackfruit.
2. Heat the oil in a large pan over medium heat. Add onion and sauté until translucent, about 2-3 minutes.
3. Add the garlic and sauté for 30-60 seconds until fragrant. Add the tomato paste and cook for an additional 30-60 seconds until the onions and garlic are coated.
4. Add the shredded jackfruit and sauté for 2-3 minutes. Add the cumin, chili powder, oregano, paprika, and salt. Sauté until jackfruit is coated and fragrant (about 1 minute).
5. Pour in the vegetable broth and cook until the liquid has reduced (about 3-4 minutes). Taste and add more if needed. Remove the pan from the heat.
6. To make the salsa, combine all ingredients in a medium bowl and gently stir.
7. Fill tortillas with jackfruit mixture and top with the mango avocado salsa.

**Additional Topping Ideas:** lime wedges, fresh-cut cilantro, sliced green onion, hot sauce, sliced radishes, salsa, pico de gallo, shredded red cabbage

***Learn more ways you can join Veganuary and develop more plant-forward eating habits with various seminars, cooking demos, and challenges offered by Wellness Concepts. Visit [well-concepts.com](http://well-concepts.com) to learn more about creating a year of wellness for your employees.***



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