MODULE 13

Lucky Number 13 All Kinds of Sides

In the last module

We wrapped up our proteins with fish so the main part of your plate is handled

If you're a vegetarian...this module's for you!

Here's what you're going to learn

Potatoes, pasta and grains are your friends

Beans and legumes – don't forget them

Vegetables – Eat Them!

Tips and tricks for cooking them right so you will!

Potatoes

Easy to prepare, easy to find and inexpensive

Actually low in calorie and high in fiber (if you eat the skin)

Lots of variety

Wide variety of potatoes



Pasta

The three things to know about pasta

Al Dente

Salt the water – NO OIL!

Choose the right sauce for the right pasta

Tip of the iceberg - Pastas



Grains

It's not just rice

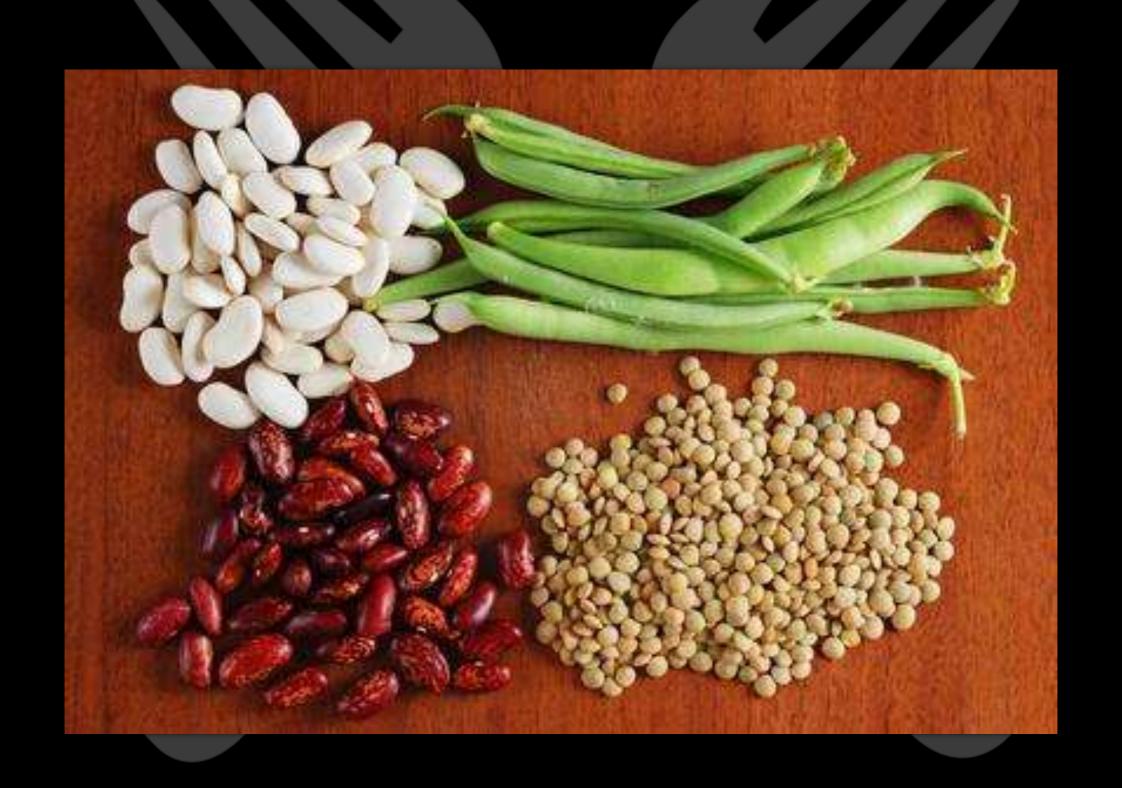
"Ancient" grains – quinoa, farro and their friends

All kinds of rice

Lots of variety here, too!



Beans and legumes



Veggies



Veggies

Myths -

They are tasteless

They are gross

They are mushy, slimy, disgusting

Reality -

You have to cook and season them right!

Hit the produce department!



In the next AND LAST module

IT'S TIME TO JUMP!