

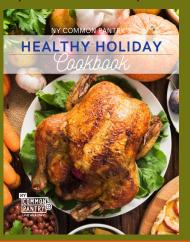
New York Common Pantry's

LIVE HEALTHY! NEWSLETTER

October 2022 | Vol. 2

Holiday Cookbook!

Our Holiday Cookbook will be available soon! Keep an eye out for it as we head into November. Join our Recipe Club to get a sneak peak of the recipes!



Recipe of the Month

Lentil Stew

This recipe is hearty and delicious without using meat! Make this stew that is budget-friendly, healthy, and easy to meal prep.



INCREASE PLANT PROTEINS IN YOUR DIET

Make these easy protein swaps to add more vegetables and plant protein to your diet, helping you to eat heathier <u>and</u> save money!

LENTILS

Soft texture & mild flavor



Meatloaf: Swap ground beef for lentils.



Spaghetti
Sauce:
Swap
ground meat
for lentils in
a sauce to
stretch
meals.

BLACK BEANS

Medium texture & meaty flavor





Burgers:
Instead of
hamburgers,
make burger
patties with
mashed

black beans.

beans to

save money.

CHICKPEAS

Crunchy texture & meaty flavor



Chicken Noodle Soup: Swap chicken for chickpeas in soups.



Chicken
Curry: Swap
chicken for
chickpeas or
curries or
stews.

What is in season?



Squash, eggplant & more!

Get fresh, organic, seasonal produce like these in our Farmshare package!

This month in Recipe Club

Learn how to make:



Roasted Apples & Brussel Sprouts

Tuesday, Oct. 11 @ 12:30pm!

Sesame & Beet Slaw

Tuesday, Oct. 25 @ 12:30pm!





Explore our BRAND NEW website!



Become a
Live
Healthy!
member



<u>Join our</u> <u>Farmshare</u> Program



Contact Us!

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