



IN WITH THE NEW

Getting burned out on the same foods, day in and day out? Us too. Try these four alternative protein sources guaranteed to kick-start your kitchen time.

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If you already saturate your diet with chicken, beef, and salmon, you're off to a good start. But just as you shouldn't perform the same exercises every workout, you also shouldn't eat the same protein every meal. Believe it or not, you can experiment with your protein sources and opt for some that never mooed, clucked, or snorted. Varying your protein sources will flood your body with a wider range of necessary nutrients, while at the same time injecting life into a diet that's probably become stale. (Seriously, is anyone excited by the prospect of yet another grilled chicken breast?) Here, we've chronicled four other proteins you need to put on your grocery list today, to add muscle-building protein to every meal. Get ready to take your physique—and your dinners—to the next level.

PEANUT FLOUR

No 1

Peanut flour, which is made of very finely ground partially defatted roasted peanuts, is a low-carb flour that packs in up to 32 grams of protein in each half-cup serving.

Sneak it in: Peanut flour can be stirred into your morning oatmeal or scooped into post-training shakes for an extra shot of protein after a particularly challenging workout.

Find it: Your best bet for tracking down peanut flour is to hit a health food or bulk food store. You can also find it online at proteinplusflour.com.

PEANUT-BANANA PANCAKES

→ SERVES 2

INGREDIENTS

½ cup whole wheat or oat flour

½ cup peanut flour

1 tsp baking powder

½ tsp cinnamon

1 large egg, beaten

1 ripe banana, mashed

½ cup low-fat cow's or goat's milk

⅓ cup walnuts, chopped

1 tbsp unsalted butter

DIRECTIONS

In a large bowl, mix whole wheat flour, peanut flour, baking powder, and cinnamon. In a separate bowl, stir together egg, banana, and milk. Add wet ingredients to dry ingredients and mix until moist. Stir in additional milk if needed. Gently stir walnuts into batter. Heat a large skillet over medium. Add butter and allow to melt. Using a measuring cup, drop batter onto skillet and cook for approximately 3 minutes per side, or until golden. Repeat with remaining batter.

NUTRITIONAL INFO PER SERVING

▶ **456 calories** ▶ **18g protein** ▶ **25g fat** (7g saturated) ▶ **46g carbohydrates**

▶ **8g fiber** ▶ **65mg sodium**

PEANUT FLOUR IS ALSO A GOOD SOURCE OF HEART-HEALTHY FATTY ACIDS.

SABLEFISH BOASTS
**33 GRAMS OF
 PROTEIN** IN EVERY
 SIX-OUNCE SERVING.



POACHED SABLEFISH WITH MANGO SALSA

→ SERVES 4

No 2

SABLEFISH

Often called black cod, the buttery sablefish has a texture similar to halibut. As with salmon, reeling in this swimmer is a great way to get a boatload of highly digestible protein (33 grams in each six-ounce portion) as well as omega-3 fatty acids. Scientists at Washington University School of Medicine in St. Louis determined that a higher intake of omega-3 fats can stimulate muscle-protein anabolism.

Aside from its health benefits, sablefish also has another claim to fame: The Monterey Bay Aquarium's Seafood Watch conservation program gives wild-caught sablefish high marks as a sustainable choice due to its well-managed fishery.

Sneak it in: Like tilapia, sablefish fillets can be steamed, broiled, poached, seared in a skillet, or tossed on the grill. Sablefish also takes well to salsas, glazes, marinades, and spice rubs.

Find it: Fishmongers and supermarkets are most likely to carry sablefish as frozen fillets.

DIRECTIONS

Combine all ingredients except the sablefish and chicken broth in a bowl and set aside for the salsa. In a large skillet, mix broth and 1 cup water and bring to a simmer. Place sablefish fillets in liquid, flesh-side down, and cook about 10 minutes, maintaining a simmer. Transfer fillets to a plate and season with salt and pepper. Serve with mango salsa.

NUTRITIONAL INFO PER SERVING

▶ 502 calories ▶ 33g protein ▶ 34g fat (7g saturated) ▶ 15g carbohydrates ▶ 2g fiber ▶ 826mg sodium

INGREDIENTS

1 mango, peeled and cubed
 1 red bell pepper, finely diced
 ½ cup red onion, finely diced
 1 jalapeño pepper, seeded and minced
 ¼ cup fresh cilantro, chopped
 ¼ cup fresh mint, chopped
 Juice of ½ lime
 5 cups sodium-reduced chicken broth
 4 six-oz sablefish fillets

SMOKED TOFU

No 3

Thanks to its meaty texture and deep flavor, smoked tofu is a welcome new twist on this vegetarian staple. With about 25 grams of protein in a three-ounce serving, smoked tofu is no lightweight in the protein department: Researchers at the University of Arkansas at Little Rock found that soy protein was just as effective as casein protein in preventing muscle breakdown and stimulating muscle-protein synthesis.

Sneak it in: Smoked tofu can be an occasional replacement for meats like chicken and beef in dishes such as chili, stir-fry's, and soups. Also try grating it on a box grater and adding to tacos, salads, and sandwiches.

Find it: Look for smoked tofu next to other types of tofu in the produce section of your supermarket or natural food store.



SMOKED TOFU TACOS

→ SERVES 4

INGREDIENTS

1 block (about 200g) firm smoked tofu
1 cup cooked or canned pinto beans, drained and rinsed
1 cup pineapple, cubed

½ cup red onion, finely diced
1 small red bell pepper, chopped
⅓ cup cilantro, chopped
1 tsp lime zest
1 large ripe avocado

⅓ cup reduced-fat sour cream
1 clove garlic, minced
 Juice of **½** lime
¼ tsp cayenne powder
8 corn or whole wheat tortillas

DIRECTIONS

Chop tofu into squares and place the cubes in a large bowl. Add beans, pineapple, red onion, bell pepper, cilantro, and lime zest to bowl and stir. Place avocado flesh, sour cream, garlic, lime juice, and cayenne powder in a food processor or blender and mix until smooth. To serve, spread avocado cream on tortillas and top with tofu mixture.

NUTRITIONAL INFO PER SERVING

▶ **358** calories
 ▶ **16g** protein
 ▶ **17g** fat (4g saturated)
 ▶ **39g** carbohydrates
 ▶ **9g** fiber
 ▶ **220mg** sodium

THE ISOFLAVONE COMPOUNDS IN TOFU MAY HAVE DISEASE-THWARTING POWERS.

BLACK BELUGA LENTILS

No 4

Named after the beluga caviar they resemble, these lentils are less earthy-tasting than the green version you're probably used to. Like their legume counterparts, black lentils provide a nutrition windfall with impressive amounts of vitamins, minerals, and protein—about 12 grams in a mere quarter-cup serving. They're also loaded with fat-torching dietary fiber and anthocyanins (the same potent antioxidants found in dark berries), which may lessen the muscle damage associated with hard workouts.

Sneak it in: Since they hold their shape when cooked, beluga lentils are a stellar addition to soups and salads.

Find it: Look for beluga lentils in health-food shops or well-stocked bulk stores. No luck? Try online at northbaytrading.com.

BLACK LENTILS TAKE ONLY ABOUT 20 MINUTES TO COOK, SIMMERING IN WATER UNTIL THEY'RE SLIGHTLY TENDER.

BLACK LENTIL PORK SALAD

→ SERVES 6

INGREDIENTS

¼ cup black beluga lentils, rinsed

2 tsp canola or grapeseed oil

1 lb pork tenderloin, sliced along its width into ½-inch rounds

1 large orange, separated into segments

1 ripe avocado, cubed

1 red bell pepper, thinly sliced

1 large carrot, thinly sliced

¼ cup walnuts, chopped

Juice of **1** lemon

2 garlic cloves, grated or finely minced

1 tbsp + 1 tsp creamy Dijon mustard

½ tsp cumin

¼ tsp sea salt

¼ cup + 1 tbsp extra-virgin olive oil

6 cups salad greens, such as baby spinach or mesclun

DIRECTIONS

In a saucepan, bring lentils and 2½ cups water to a boil. Reduce heat and simmer until lentils are just tender. Drain, rinse, and let cool. Heat oil in another skillet over medium heat. Add pork and cook for about 5 minutes, until browned on the outside. Remove from heat. In a large bowl, mix lentils, pork, orange, avocado, bell pepper, carrot, and walnuts. In a small bowl, stir rest of ingredients with olive oil for dressing.

NUTRITIONAL INFO PER SERVING

- ▶ **378** calories
- ▶ **37g** protein
- ▶ **33g** fat (5g saturated)
- ▶ **37g** carbohydrates
- ▶ **18g** fiber
- ▶ **270mg** sodium

