

Beans, greens and grains

Maybe they're not as trendy as other plant-based proteins, but when combined, legumes, vegetables and grains deliver big-time flavor and nutrition.

Ancient Harvest Organic Quinoa with Lentils & Garlic

Tear open a packet of Ancient Harvest's new microwaveable sides and your shoppers will be mmm-ing in no time. This simple, spiced, precooked concoction of quinoa and green lentils is infused with organic garlic powder, onion powder, dried parsley and white pepper. The simple nosh heats up in the microwave in just 90 seconds. **SRP: \$3.49**

Village Harvest Antioxidant Blend

Village Harvest's ink-colored blend of organic black rice, black lentils and black quinoa comes together in under 30 minutes. This eye-catching dish contains 8 grams of protein plus anthocyanin, the same antioxidant found in blackberries. The Oakland, California-based brand promotes sustainability and social responsibility programs, such as distributing much-needed medical supplies to farmers in developing nations. **SRP: \$4.00**

Keen One Quinoa Pesto Pasta Quinoa Cup

Keen One's convenient new organic cups can be ready to enjoy in 7 minutes flat. Each contains 280 calories of delicious, protein-rich quinoa, chickpeas, hemp seeds and wheat pasta seasoned with dried tomato, garlic, basil, salt, parsley and lemon. This is good, quick sustenance for college students, backpackers or busy professionals. **SRP: \$4.49**

Morini Brands Ground Risofu

Looks like meat, tastes like meat, made from ... rice? Yep! This promising new blend resembles a pound of ground but is predominantly organic rice curd (which is made similarly to tofu), plus cannellini beans, green lentils, chia and natural meaty flavors. Form into meatless burger patties or meatballs or use in tacos or lasagna. **SRP: \$7.89**

Manitou Trading Co. Heritage Medley

This gluten-free seasoned rice, lentil and millet blend makes a nice side dish or protein- and fiber-dense meal on its own. The hearty mix of grains and legumes is laced with savory dried organic mushrooms, tomatoes, garlic, onion and soy sauce powder. Cooks up in just 25 minutes. **SRP: \$6.55**

