

SIGN UP FOR PLANT SWOP'S MONTHLY NEWSLETTER

Refresh and edit your pantry and recipe box to include plant-based ingredients, nourishing meals, and explore some healthy swops to adopt.

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Chef Anne Callaghan

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SUMMERTIME GARDEN FRESH



ALL THE OOE + GOO WITHOUT THE MOO + COO®

Swop out dairy and eggs with plant-based options



HARVEST BLEND COUSCOUS SALAD
WITH CITRUS VINAIGRETTE

SEASONAL VEGGIES AND NUTRIENT RICH GRAINS

Delicious and packed with a punch of fresh citrus flavor, this hearty dish is rich in fiber, protein, and nutrients. Serve up hot or cold, with any combination of your favorite seasonal vegetables, a healthy grain blend, and a fresh, citrusy vinaigrette. My go-to pantry favorite is Trader Joe's grain-packed blend of Pearled couscous, Orzo, Split baby Garbanzo beans, and red quinoa.

RECIPE

BUY INGREDIENTS TO MAKE CITRUS VINAIGRETTE



ANTICO FRANTOIO MURAGLIA

16.9 fl.oz (500 ml)

Premium First Cold-Pressed Gourmet Italian Extra Virgin Olive Oil. Incomparable consistency, color, flavor, and aroma. Certified 100% made in Italy. Each is bottled in a unique Arcobaleno Collectible Italian Handmade Ceramic bottle, handmade by artisans in Puglia.

SHOP



POMMERY MUSTARD MEAUX
MOUTARDE IN POTTERY CROCK

(8.8 oz) All-natural with no artificial flavoring. Smooth, whole-grained mustard, produced in France and presented in an elegant pottery crock jar. Mustard from Meaux has been served at the tables of French kings since 1632.

SHOP

CHEF TIP

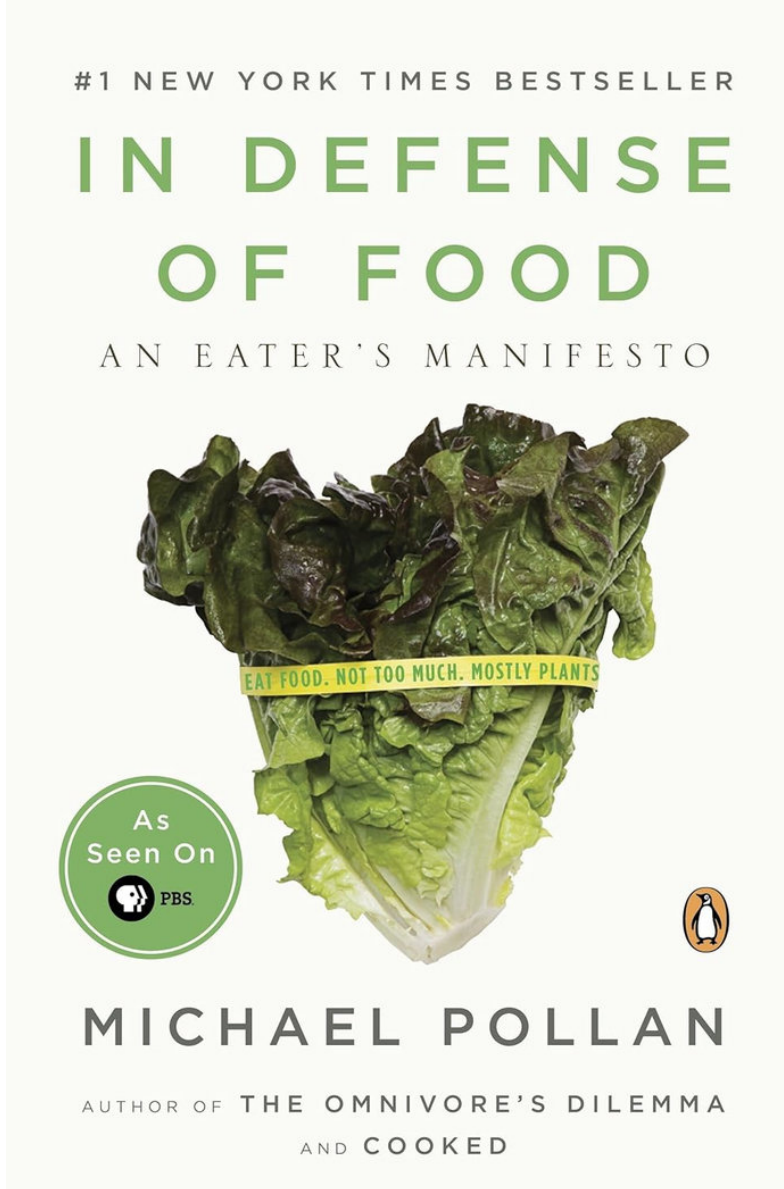
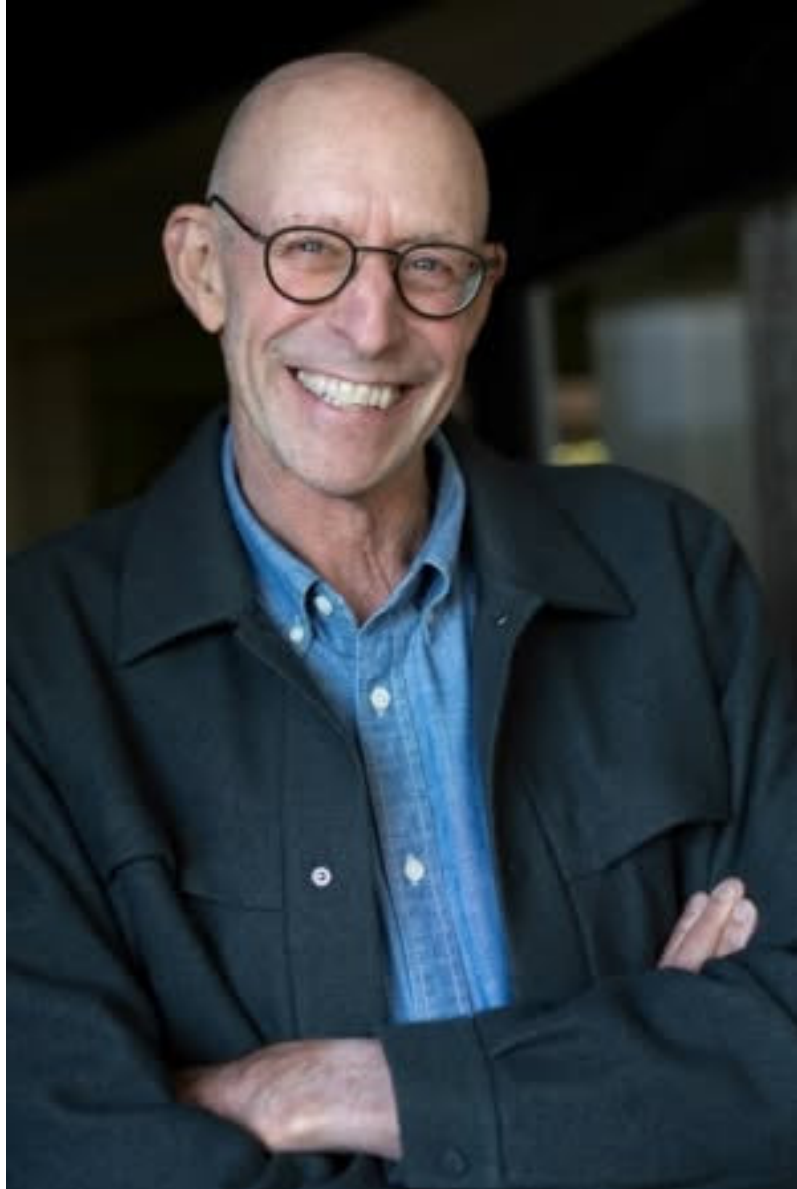


SWOP OUT THE STOVE TOP
AND GET YOUR GRILL ON

Summer is here, it's time to get your corn grill ready. Soaking the cobs beforehand results in juicy kernels cooked perfectly every time. The wet husks will trap moisture, steam, and retain flavor.

1. Peel back the outer and inner husks, remove the silk, then pull the husks back up to cover the corn.
2. Soak in cold water for 30 minutes to an hour. Grill over med-high heat for 15-20 minutes. To avoid burning husks, rotate every 5 minutes.

“EAT FOOD . NOT TOO MUCH . MOSTLY PLANTS”



BUY

WHY THIS 7-WORD FOOD RULE IS THE ONLY
ONE YOU’LL EVER NEED

Nearly 20 years after Michael Pollan's food rule first appeared, his seven-word philosophy still offers a radical kind of clarity in a world of synthetic eating and ultra-processed abundance.

By JILL ETTINGER, JUNE 14, 2026 - [READ ARTICLE IN VEG NEWS](#)

“EAT FOOD . NOT TOO MUCH . MOSTLY PLANTS”

When writer Michael Pollan first strung those seven words together in his 2008 book *In Defense of Food*, they felt almost too simple to be serious. In a nation obsessed with diet codes, fad cleanses, and miracle cures, he wasn't promising transformation, thinness, or longevity. He didn't traffic in numbers or buzzwords, he didn't cite the glycemic index. He merely suggested that we pay attention to what we put in our bodies. *Check out Michael Pollan's website for more . . .*



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