Plant Power

These green foods pack high-quality protein. Plus, prepared the way dietitian Sharon Palmer says, they taste great too!

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Quinoa
It's pronounced keen-wah, in case you've been wondering, and it has a whopping 6 grams of protein per ¼ cup uncooked grain (plus magnesium, iron and calcium). Cook, add mango, black beans, tomato, corn and cilantro to make Palmer's tasty southwestern salad.

Asparagus
Drizzle with balsamic vinegar and then grill 'em—so simple, so delicious. Eight spears will get you over 3 grams of protein (plus vitamins K and A, potassium and folate).

Peanut butter
2 tbsps. of this snacktastic nut butter has almost 7 grams of protein (plus riboflavin, coenzyme Q10 and resveratrol). Palmer suggests making your own: Blend peanuts with a smidge of peanut oil and add a dash of cinnamon or cocoa powder.

Peaches
One fresh peach has 2 grams of protein (plus vitamins C and A and fiber). Halve them, drizzlewith olive oil, and throw on the grill.

Almond milk
This excellent dairy milk substitute is low in calories and high in über-healthy omega-3 fatty acids and flavonoids. One glass is about 1 gram of protein (plus vitamin E, phosphorus and calcium).

Avocado
The healthy fats in this fruit will satisfy your hunger faster than a steak and provide 3 grams of protein per fruit (plus folic acid, fiber and zinc). Make a green smoothie with ½ avocado, 2 kiwis and ¼ cup of almond milk (or aloe juice), then add honey and lime juice to taste.

Pumpkin seeds
This great on-the-go snack is also known as pepitas. One ounce (30 grams) packs 7 grams of protein (plus zinc, glutamate and vitamin E).

Kale

This leafy green has almost 3 grams of protein per cup (plus iron, calcium and fiber). Chop it, steam it, blend it—or toss it with olive oil and sea salt, then bake (20 minutes at 275 degrees) for savory kale chips.

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