



PLANT-BASED STATION AT THE USC VILLAGE DINING HALL

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What do you think of when you hear the term 'plant-based meal'? If you aren't picturing mouth-watering hearts of palm ceviche, Thai curry noodles, falafel, Brazilian feijoada, and chana masala, then you clearly haven't tried the plant-based station at the USC Village Dining Hall. Situated near the back of the space, next to the Flexitarian counter and across from Expo, the plant-based station has options for everyone, not just vegans and vegetarians. In fact, Chef Omar, the creative mind behind these bold and flavorful dishes, isn't vegetarian and didn't even know what 'vegan' meant two years ago. Now, he's crafting up some incredible plates with bold flavors and textures that you absolutely must try.

WHY PLANT-BASED?

The idea for the plant-based and flexitarian stations was born two years before the USC Village Dining Hall even opened, as nutrition research revealed the astonishing health benefits of eating a plant-based diet (specifically one that consists of mostly whole foods instead of processed foods). This eating pattern is associated with the reduced risk of many types of cancer, cardiovascular disease, autoimmune diseases, degenerative conditions, and other chronic diseases.¹

As nutrition knowledge and education has improved so has the demand for healthy, plant-based meals that are just as flavorful and delicious as their meat counterparts. At the plant-based station, you don't have to settle. You can enjoy the taste, quality, and health benefits, leaving you satisfied and mentally focused so you can get back to class with a clear head and full stomach.

TASTY OPTIONS

Every day the plant-based station offers two complimentary hot dishes and a cold bowl, such as coconut cilantro marinated tofu with sweet chili purple sweet potato noodle stir fry and yogi bowl with nuts. In addition, the permanent mezze bar boasts an incredible spread of Mediterranean fare including three types of hummus, olive tapenade, roasted veggies, pasta salad, and tabbouleh. You can visit the plant-based station for lunch or dinner every day for three weeks straight and not eat the same meal twice, and while the plant-based station does not offer breakfast, there are other options available.



OTHER PLACES TO EAT PLANT-BASED

For breakfast at the USC Village Dining Hall, you can find oatmeal and fresh fruit, as well as dishes such as hash browns, rosemary roasted potatoes, and Gardein vegan sausage patties at the flexitarian station.

For lunch and dinner, the flexitarian station offers plant-forward meals with the option to add animal protein with dishes such as Thai chickpea coconut curry with roasted mushrooms, steamed bok choy, and brown rice. You can also find options at the salad bar, fresh fruit at the dessert bar, and even sides at Expo.

Whether you are vegan, vegetarian, veg-curious, plant-forward, plant-based, or just health conscious, the Village Dining Hall has something for you. Once you eat at the plant-based station, you'll see why *The Economist* called 2019 the Year of the Vegan.²

You can find the menus and allergy information for each station at the residential dining halls here: <https://hospitality.usc.edu/residential-dining-menus/>

1. Hill, D. S. (2014, November-January). Health benefits of a plant-based diet. *Maryland Nurse*, 16(1), 6+. Retrieved from https://link-gale-com.libproxy1.usc.edu/apps/doc/A503274994/AON-E?u=usocal_main&sid=AONE&xid=cb1ec985

2. Parker, J. (2019). *The World in 2019: The Year of the Vegan*. *The Economist*.