



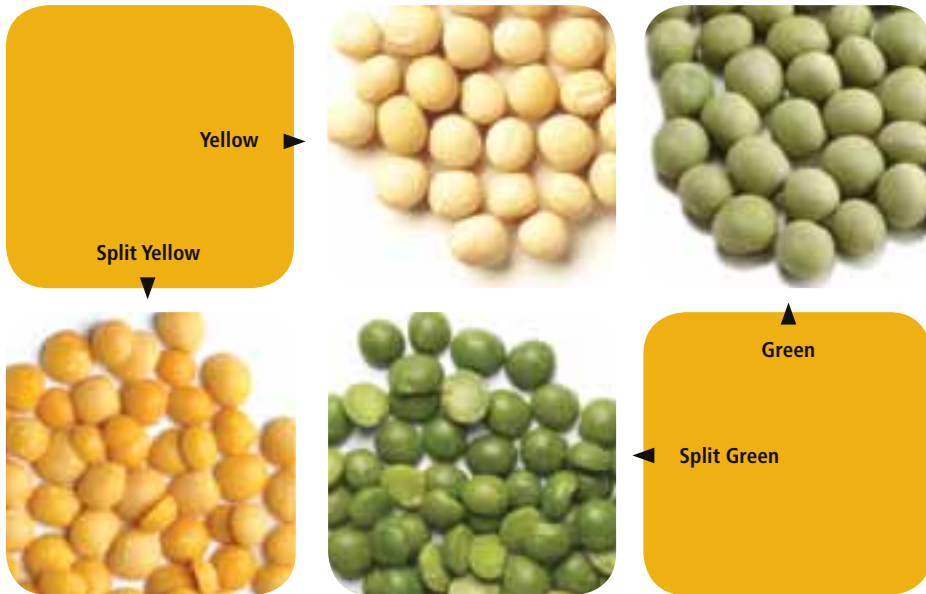
# Pulses

Cooking with beans, peas,  
lentils and chickpeas



# Types of Pulses

## Peas



## Lentils



## Beans

**White Pea**  
Other names: Navy,  
Alubias Chica

**Pinto**



**Cranberry**  
Other names: Romano,  
Speckled Sugar, Borlotti

**Black**  
Other names: Black  
Turtle, Preto



**Great Northern**  
Other names: Large White



**Light Red Kidney**

**Dark Red Kidney**



## Chickpeas

**Split Desi Chickpea**  
Other name: Chana dal



**Desi**  
Other names: Kala chana

**Kabuli**  
Other names: Garbanzo,  
Bengal gram, Kabuli chana





# Table of Contents

<b>Canada's pulse growing areas</b>	5
<b>What are pulses?</b>	6
Who should eat pulses?	6
How many pulses should I eat?	7
<b>Top 10 ways to eat pulses</b>	8
<b>Buying, storing and cooking pulses</b>	8
Soaking tips and methods	9-10
Cooking tips and methods	9-10
Freezing and puréeing	10
<b>Recipes</b>	
Appetizers	12
Salads & side dishes	14
Soups	18
Main dishes	21
For the crock pot	23
Desserts and baked goods	25
<b>Nutrition facts</b>	27







Discover a tasty, nutritious and versatile food...pulses. Enjoyed by many cultures around the world for centuries, pulses make wonderful main dishes, soups, salads, appetizers, snacks and even baked goods! Explore new ways to include pulses into your family's diet.

This booklet contains tips on buying and preparing pulses, information on their health benefits and many delicious pulse recipes.

## Canada's pulse growing areas



- |  |  |
|--|--|
|  Bean growing regions     |  Pea growing regions    |
|  Chickpea growing regions |  Lentil growing regions |



## What are pulses?

Pulses are also known and often referred to as 'legumes'. Pulse is the term for the edible seeds of legumes (plants with a pod), which includes:

- Dry peas
- Dry beans
- Lentils
- Chickpeas

Pulses do not include fresh green beans or peas. Although they are related to pulses because they are also the edible seeds of podded plants, soy beans and peanuts differ from pulses because they have a much higher fat content, whereas pulses contain virtually no fat.

## Who should eat pulses?

Everyone can benefit from eating pulses. Pulses are high in fibre, complex carbohydrates and low in fat. These nutrients make pulses an important part of any healthy diet and can help maintain a healthy weight. For more information comparing nutrients in pulses to other foods, see page 27.

Pulses have additional benefits for people who:

- ✓ Are overweight
- ✓ Have diabetes
- ✓ Have high blood cholesterol levels
- ✓ Tend to be constipated
- ✓ Have celiac disease
- ✓ Are vegetarians



Pulses are **very high in fibre**. They contain both soluble and insoluble fibres. Soluble fibre helps lower blood cholesterol levels, while insoluble fibre helps with digestion as well as maintaining regular bowel movements. Fibre-rich foods like pulses are often more filling than other foods, helping to keep you full until your next meal.

Make sure to drink enough water when adding high fibre foods like pulses to your diet!

Pulses have a **low glycemic index**. Most of the carbohydrates in pulses are fibre and starch that prevent blood sugars from rising quickly after a meal or snack.



Pulses are an **excellent source of folate**, which has been shown to lower homocysteine levels. Evidence suggests that high levels of homocysteine (a type of protein) damages the lining of arteries and promotes plaque buildup and blood clots. Over time, this damage can slow or block blood flow to the heart or brain causing a heart attack or stroke.

Pulses are **gluten free** and can be eaten by people with celiac disease. Pulses are a great alternative to wheat-based products. They add starch, fibre, protein, and many vitamins and minerals that may be lacking from a gluten-free diet.

A healthy **vegetarian diet** should include a variety of peas, beans, lentils and chickpeas in place of beef, pork, chicken and fish. Eating pulses with a grain, such as wheat, rice, or oats, ensures a high quality protein.

Examples are:

- Hummus with pita bread
- Lentils with rice
- Baked beans with toast



Black Bean Burgers, p. 21

## How many pulses should I eat?

Canada's Food Guide recommends eating beans, lentils and peas often as an alternative to meat. One serving of pulses equals  $\frac{3}{4}$  cup (175 mL), which is about the size of a tennis ball.

Pulses can be eaten every day. If you do not eat pulses often, start adding them to your diet gradually.

Adding high fibre foods like pulses to your diet slowly will help control bloating and gas if you are not used to them. For ideas on how to add small amounts of pulses to any diet, see 'Top 10 ways to eat pulses' on page 8.

**Did you know?** Glycemic Index is a scale that ranks carbohydrate-rich foods by how much they raise blood glucose levels compared to a standard food (glucose or white bread). Pulses are low GI foods like 100% whole wheat bread and bran cereals<sup>1</sup>.

<sup>1</sup> Reprinted with permission from the Canadian Diabetes Association.



See tip #7 below!

## Top 10 ways to eat pulses

1. Include  $\frac{1}{3}$  cup (75 mL) of cooked black, white or cranberry beans with an omelette to add protein and fibre.
2. Add 1 cup (250 mL) of whole or pureed chickpeas to your spaghetti sauce instead of ground beef. This lowers the fat while adding fibre.
3. Add  $\frac{1}{2}$  cup (125 mL) of lentils to quesadillas along with other fillings you enjoy.
4. Mix  $\frac{1}{2}$  cup (125 mL) black beans into 1 cup (250 mL) of your favourite salsa. Add some chopped cilantro and a squeeze of lime juice for an easy party dip.
5. Drain and purée 1 cup (250 mL) of canned lentils with your favourite herb and use as a sandwich spread.
6. Add  $\frac{1}{2}$  cup (125 mL) of cooked pulses to soups. This works best for broth-style soups.
7. When making your favourite pizza, add a handful of black beans to your usual pizza toppings.
8. Replace half the butter or oil when baking with a lentil purée to lower the fat.
9. Include 1 cup (250 mL) of chickpeas to any salad for a different twist.
10. Serve hummus with carrots, celery and other vegetables for a healthy snack.



# Buying, storing and cooking pulses

You can find most pulses in grocery stores, organic food stores and bulk food stores. Look for pulses in the ethnic, bulk or canned food sections. They are also found in soups or in the baking ingredients aisle.

When buying dry pulses, look for:

- Bright coloured seeds
- Uniform size
- Smooth skins without chips or shriveled seed coats

Dry pulses will keep for years if stored in tightly-covered containers in a cool, dark, dry place. It is best to use pulses within a year of purchasing. The longer a pulse is stored, the drier it becomes, which increases the cooking time.

Canned pulses are very convenient as they are ready-to-use. Always rinse and drain canned pulses before using. Canned pulses store well in cool, dry places. They may be stored up to one year.

## Soaking tips and methods

- Be sure to check all dry pulses before rinsing or soaking. Remove pulses with shriveled or broken skins or the occasional pebble or twig.
- Dry beans, whole peas and chickpeas must be soaked because their skins do not readily absorb water.
- Dry lentils and split peas do not need to be soaked. Rinse before cooking.

For every 1 cup (250 mL) of pulses, soak with 3 cups (750 mL) water. Whole peas can be soaked for 1-2 hours. Beans and whole chickpeas require longer soaking than whole peas (e.g. min. 4 hours, or preferably soak for 8 hours or over night).

Soaking method for dry pulses	Instructions
Long, cold soak or overnight	<ul style="list-style-type: none"><li>• Let stand 12 hours or overnight in refrigerator</li></ul>
Quick soak	<ul style="list-style-type: none"><li>• Bring pulses and water to boil in a saucepan</li><li>• Boil gently for 2 minutes</li><li>• Remove from heat, cover, and let stand for 1 hour</li></ul>
Microwave soak	<ul style="list-style-type: none"><li>• Combine pulses and water in microwavable dish</li><li>• Cover and microwave on high for 10-15 minutes</li><li>• Let stand for 1 hour</li></ul>

Always discard the soaking water by putting pulses into a strainer and rinsing them well. This washes away the carbohydrates and sugars that cause gas.

## Cooking tips and methods

- Make sure your saucepan is big enough, as pulses double or triple in size during cooking.
- To prevent foaming, add 1 teaspoon (5 mL) of oil to the cooking water.
- Seasonings like garlic, onion or herbs can be added while cooking pulses.
- Always cook pulses slowly, as cooking them too quickly can break the seed coats.
- Cooking time guidelines are provided on page 10. Note that cooking times may vary based on a number of factors, including age of the pulses, elevation, water hardness, etc. The intent is to cook pulses until they are tender. To achieve optimal cooking, pulses can be tested as they near the prescribed cooking time.
- Tomatoes, vinegar or other acidic ingredients should be avoided until pulses are tender. Acids slow the cooking process.

# PULSES FOR A HEALTHY PLANET

When you're eating products made from pulses, you're making a choice that is good for the environment. Pulses take less energy to grow than other crops, producing fewer greenhouse gases.

Pulse crops are also one of the most environmentally-friendly sources of protein, contributing to sustainable food production by protecting and improving soil and water resources.

## Cooking methods & times for dry pulses

	Beans	Whole peas	Split peas	Whole Lentils	Split Lentils	Whole Chickpeas	Split Chickpeas
Rinse	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Soak	Yes	Yes	No	No	No	Yes	No
Amount of water per 1 cup (250 mL) dry pulses	2½-3 cups (625 to 750 mL)	2½-3 cups (625 to 750 mL)	2 cups (500 mL)	2½-3 cups (625 to 750 mL)	2 cups (500 mL)	2½-3 cups (625 to 750 mL)	2 cups (500 mL)
Cooking time	1-1½ hrs	1½-2 hrs	45 min	10-30 min	5-15 min	1½-2 hrs	½-1 hr
Pressure cook time (at 15 psi)*	8-12 min	5-7 min	No	No	No	12-15 min	5-7 min
Yield from 1 cup (250 mL) dry pulses	2½ cups (625 mL)	2½ cups (625 mL)	2 cups (500 mL)	2½ cups (625 mL)	2 cups (500 mL)	2½ cups (625 mL)	2 cups (500 mL)

\* Pressure cook times are for pulses that have been pre-soaked and are based on the “quick” or “cold water” release method, in which the pressure cooker is placed in cold water after removing from the burner to lower pressure. If a “natural” release method is used instead (pressure is left to fall on its own), the cooking times need to be reduced.

## Cooking tips and methods (cont’d)

- Beans naturally have a toxic compound in them called phytohemagglutinin. This is destroyed by adequate cooking. For slow cooker recipes, pre-soaked beans should be boiled for 10-12 minutes in fresh water before adding to the crock pot.

## Freezing tip

Cooked pulses can be stored in the freezer for up to 6 months. Separate cooked pulses into 1 or 2 cup (250 or 500 mL) portions and freeze in freezer bags or small containers. Cooking a big batch of pulses to freeze will save you time on delicious meals like soups, casseroles or other favourite dishes.

## Baking soda

Some recipes call for baking soda (sodium bicarbonate) to shorten the cooking process, especially if using hard water. Baking soda increases the absorption of water, but it also destroys thiamin, an important B vitamin found in pulses. Baking soda may also make the texture of pulses too soft, an undesired side effect. Therefore, using baking soda to aid in cooking pulses is not recommended. If hard water is your only choice and you need to add baking soda, limit the amount to ⅛ teaspoon per 2 cups (0.5 mL per 500 mL) water.

## Pulse purée

Purées are useful for dips and some baked foods. To make a purée:

- Place cooked or rinsed and drained canned pulses into a food processor
- For every 1 cup (250 mL) cooked pulses, add ¼ cup (50 mL) water.
- Blend to make a smooth purée, with a consistency like canned pumpkin.
- If needed, add additional water 1 tablespoon (15 mL) at a time.
- Purées can be frozen in plastic bags and kept for several months in the freezer.

## Pulse flours

Pulse flours can be found in some grocery stores, bulk food stores and ethnic or specialty markets. Bean flour and chickpea flour are more commonly available. Pulse flours can be used in a variety of recipes including cakes, muffins and cookies. Pulse flours can be used for gluten-free recipes or to boost levels of fibre. The recipe for Speckled Chocolate Chip Cookies on page 26 calls for black bean flour.

# Recipes

## APPETIZERS

BAKED BISCUITS	12
ROASTED CHICKPEA SNACK	12
TEX-MEX BEAN BITES	13
CHICKPEA HUMMUS	13
FIVE-MINUTE DIPS	14

## SALADS & SIDE DISHES

CHICKPEA-PASTA SALAD	14
GREEK LENTIL SALAD	15
BLACK BEAN PIZZA	15
PULSE AND BARLEY SALAD	16
BLACK BEAN AND CORN SUMMER SALAD	16
THREE-BEAN BAKE	17
REFRIED PINTO BEANS	17
ZUCCHINI AND YELLOW SPLIT PEA SAUTÉ	18

## SOUPS

BEET AND BEAN BORSCHT	18
THICK AND HEARTY RED LENTIL SOUP	19
YELLOW SPLIT PEA SOUP	19
LENTIL POTATO SPINACH SOUP	20
MAGNIFICENT MINISTRONE	20

## MAIN DISHES

CHICKEN AND CHICKPEA STEW	21
BLACK BEAN BURGERS	21
LAZY PEROGY	22
COUNTRY CHILI	22
BEAN LASAGNA	23

## FOR THE CROCK POT

CHICKEN CASSOULET	23
SLOW COOKER SPLIT PEA SAUSAGE SOUP	24
MEXICANA CHILI	24

## DESSERTS AND BAKED GOODS

CHOCOLATE CHIP OAT COOKIES	25
CRANBERRY ORANGE MUFFINS	25
LENTIL GRANOLA BARS	26
SPECKLED CHOCOLATE CHIP COOKIES	26

## Recipe Notes

These recipes have been tested to make sure they work for you and your family. You will find many quick and easy recipes along with some that require more preparation. The one thing they all have in common is that they are delicious! If you would like more information and recipes on pulses, go to [www.pulsecanada.com](http://www.pulsecanada.com).

Look for these symbols in the recipes that follow



### Health Check

These recipes have been evaluated by the Heart and Stroke Foundation registered dietitians and are part of a healthy diet based on Canada's Food Guide.



### Vegetarian choice



### Gluten free



### High fibre (4 grams or more per serving)

Percent daily values (%DV) are based on a 2,000 calorie diet. Recipe analysis' use ¼ tsp salt when specific measurements are not included. Optional ingredients are not included in the analysis.



# Appetizers



Preparation time: 15 minutes / Cooking time: 14-16 minutes



Preparation time: 5 minutes / Cooking time: 50 minutes

## Baked Biscuits



Makes: 15 biscuits (600 g)

- 1¾ cup (425 mL) all-purpose flour
- 1 tbsp (15 mL) baking powder
- 1 tbsp (15 mL) white sugar
- Dash salt
- ¼ cup (50 mL) soft margarine, unsalted
- ⅔ cup (150 mL) **lentil purée**
- ⅔ cup (150 mL) 1% milk

- 1) Preheat oven to 425°F (220°C).
- 2) In a bowl, combine flour, baking powder, sugar and salt.
- 3) Cut margarine into mixture and add lentil purée (still cutting) until it resembles coarse oatmeal.
- 4) Add milk and fold into flour mixture until ingredients are just incorporated.
- 5) Turn out dough onto a lightly-floured surface and pat down to 1½-2 inches thick. Cut out biscuits with a 2-inch (5 cm) cookie cutter. Dust cookie cutter with flour to help prevent dough from sticking.
- 6) Place biscuits on baking sheet at least 1-inch (2.5 cm) apart.
- 7) Bake for 14-16 minutes, or until golden. Serve immediately!

These biscuits are light and delicious. Serve them for breakfast or with soup!

### Nutrients Per Serving

1 biscuit (40 g)		% Daily Value
Calories	87 kcal	
Protein	2 g	
Fat	3 g	5%
Saturated Fat	0 g	0%
Cholesterol	1 mg	0%
Carbohydrates	13 g	4%
Fibre	1 g	4%
Sodium	32 mg	1%
Potassium	35 mg	1%
Vitamin C	0 mg	0%
Folate	45 mcg	20%
Calcium	17 mg	2%
Iron	1 mg	7%

## Roasted Chickpea Snack



Serves 8 (200 g)

- 4 cups (1 L) cooked **chickpeas**
- OR**
- 2-19 oz can (540 mL) **chickpeas**, rinsed and drained
- 3 tbsp (45 mL) canola oil
- ½ cup (125 mL) preferred spices (cajun, curry, garlic...etc.)

- 1) Preheat oven to 400°F (200°C).
- 2) Combine all ingredients in medium bowl and spread onto parchment paper or greased cookie sheet.
- 3) Bake for 30 minutes. Stir.
- 4) Bake another 20 minutes, stirring every 5 minutes. Let cool and enjoy!

Crunchy and spiced just the way you like it. Send the kids off to school with a snack you both love.

**Tip:** Baking on parchment paper controls sticking to pan.

### Nutrients Per Serving

¼ cup serving (25 g)		% Daily Value
Calories	128 kcal	
Protein	5 g	
Fat	7 g	11%
Saturated Fat	1 g	5%
Cholesterol	0 mg	0%
Carbohydrates	15 g	5%
Fibre	3 g	12%
Sodium	4 mg	0%
Potassium	165 mg	5%
Vitamin C	1 mg	2%
Folate	75 mcg	34%
Calcium	24 mg	2%
Iron	2 mg	14%



Preparation time: 10 minutes + 10 minutes  
Cooking time: 12 minutes + 10 minutes

## Tex-Mex Bean Bites



Makes 24 regular bites (720 g)

6 large flour tortillas  
1-19 oz can (540 mL) **red kidney, black OR pinto beans**,  
rinsed and drained  
1 cup (250 mL) chunky medium salsa  
½ tsp (2 mL) chili powder (optional)  
1 cup (250 mL) low-fat cheddar or low-fat mozzarella cheese, grated  
¼ cup (50 mL) fresh cilantro, chopped  
Sour cream (optional)

- 1) Preheat oven to 350°F (180°C).
- 2) Using a 4-inch (10 cm) cookie cutter, cut four rounds out of each flour tortilla. Alternatively, use a 3-inch (7.5 cm) cookie cutter to make 7 rounds for mini muffin cups. Press the tortilla rounds into muffin cups. If the tortillas are not soft enough, carefully microwave the rounds for 15 seconds or lightly brush one side with water.
- 3) Bake cups for 12-15 minutes, until light golden and crisp (these can be made several days ahead and stored in an airtight container).
- 4) While cups are baking, combine the beans, salsa, chili powder, cheese and cilantro into a medium bowl.
- 5) For regular muffin pans, spoon 1½ -2 tbsp. (20-30 mL) filling into the tortilla cups, and ½-1 tbsp (7-15 mL) into mini cups.
- 6) Place the cups on a baking sheet and bake for 8-10 minutes.
- 7) Serve warm with a dollop of light sour cream.

### Nutrients Per Serving

Per 1 regular bite (30 g)		% Daily Value
Calories	94 kcal	
Protein	4 g	
Fat	2 g	3%
Saturated Fat	1 g	5%
Cholesterol	3 mg	1%
Carbohydrates	14 g	5%
Fibre	2 g	8%
Sodium	258 mg	11%
Potassium	87 mg	2%
Vitamin C	0 mg	0%
Folate	51 mcg	23%
Calcium	49 mg	4%
Iron	1 mg	7%

A vegetarian snack that is a high quality protein- it's easy to make and easier to eat! Everyone will be asking for more.



Preparation time: 10 minutes / Cooking time: None

## Chickpea Hummus

Serves 20 (600 g)

2 cups (500 mL) cooked **chickpeas**

**OR**

1-19 oz can (540 mL) **chickpeas**,  
rinsed and drained  
½ cup (75 mL) tahini paste  
1 garlic clove, minced  
¼ cup (50 mL) lemon juice  
3 tbsp (45 mL) canola oil  
½ tsp (2 mL) ground cumin  
1 tsp (5 mL) salt  
½ cup (125 mL) water  
½ tsp (2 mL) hot pepper sauce

- 1) Place chickpeas in a blender or food processor with tahini, garlic, lemon juice, oil, cumin and salt.
- 2) Purée, adding just enough water to make the mixture creamy and smooth. Use more than ½ cup water if needed.
- 3) Add hot pepper sauce to your liking.
- 4) Serve in a bowl with pita cut into wedges.



### Nutrients Per Serving

Per 2 tbsp (28 g)		% Daily Value
Calories	36 kcal	
Protein	2 g	
Fat	3 g	5%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Carbohydrates	8 g	3%
Fibre	2 g	8%
Sodium	203 mg	8%
Potassium	69 mg	2%
Vitamin C	3 mg	5%
Folate	23 mcg	10%
Calcium	27 mg	2%
Iron	1 mg	7%

Hummus makes a great sandwich spread. Tip: Tahini is sesame seed paste sold in the Middle Eastern food section of your grocery store. Unsalted, unsweetened, peanut butter may replace tahini.

**Quick Pulse Tip:** Add ½ cup of black beans to a cup of your favourite salsa to easily add some extra nutrients.

# Salads and Side Dishes



Preparation time: 5 minutes / Cooking time: None



Preparation time: 25 minutes / Cooking time: None

## Five-Minute Dips

Serves 16 (480 g)

1-19 oz can (540 mL) **black or navy beans**\*, rinsed and drained

½ cup (125 mL) fat-free ranch dressing

½ tsp (2 mL) cumin\*\*

2 garlic cloves

\*For lentil dip, use lentils instead of beans

\*\*For lentil dip, use 1 tsp curry powder instead of ½ tsp cumin



- 1) Place all ingredients into food processor or blender. Blend to desired consistency.

The easiest party dip that can add as much as 2 grams of fibre in every serving.

### Nutrients Per Serving

Per 2 tbsp (28 g)	Bean Dip	Lentil Dip	Bean Dip % Daily Value	Lentil Dip % Daily Value
Calories	44 kcal	45 kcal		
Protein	2 g	3 g		
Fat	0 g	0 g	0%	0%
Saturated Fat	0 g	0 g	0%	0%
Cholesterol	1 mg	1 mg	0%	0%
Carbohydrates	8 g	8 g	3%	3%
Fibre	2 g	1 g	8%	4%
Sodium	128 mg	137 mg	5%	6%
Potassium	100 mg	118 mg	3%	3%
Vitamin C	0 mg	1 mg	0%	2%
Folate	37 mcg	52 mcg	17%	24%
Calcium	13 mg	11 mg	1%	1%
Iron	0 mg	1 mg	0%	7%

## Chickpea-Pasta Salad

Serves 13 (1.82 kg)

4 cups (1 L) cooked corkscrew pasta, drained and cooled

1-19 oz can (540 mL) **chickpeas**, rinsed and drained

1½ cups (375 mL) celery, chopped

1½ cups (375 mL) carrot, coarsely shredded

1½ cups (375 mL) sweet red pepper, chopped

4 green onions, finely chopped

¼ cup (50 mL) feta cheese, crumbled

½ cup (75 mL) light Greek salad dressing



High Fibre

- 1) In a large bowl, combine pasta, chickpeas, celery, carrot, red pepper, onion and feta. Toss lightly to mix well.
- 2) Add dressing to pasta mixture and toss to coat well. Serve. Pasta mixture can be made a day in advance. Keep in fridge overnight and toss salad with dressing before serving.

A new twist on an old favourite. Picnic lunches need a pasta salad!

### Nutrients Per Serving

1 cup (140 g)	% Daily Value
Calories	149 kcal
Protein	5 g
Fat	2 g 3%
Saturated Fat	1 g 5%
Cholesterol	3 mg 1%
Carbohydrates	27 g 9%
Fibre	4 g 16%
Sodium	227 mg 9%
Potassium	262 mg 7%
Vitamin C	40 mg 67%
Folate	103 mcg 47%
Calcium	52 mg 5%
Iron	2 mg 14%





Preparation time: 25 minutes / Cooking time: None

## Greek Lentil Salad

Serves 10 (1 kg)

- 1-19 oz can (540 mL) **lentils**, rinsed and drained
- ½ cup (125 mL) calamata olives
- ½ cup (125 mL) onion, chopped
- 1½ cups (375 mL) grape tomatoes, halved
- ½ cup (125 mL) green peppers, chopped
- 1 cup (250 mL) cucumber, diced
- ¼ cup (50 mL) feta cheese, crumbled
- ¼ cup (50 mL) fresh parsley, chopped
- ¼ cup (50 mL) olive oil
- ¼ cup (50 mL) lemon juice
- 1 tbsp (15 mL) dried oregano



- 1) In a large bowl, combine lentils, olives, onion, tomatoes, green peppers, cucumber, feta cheese and parsley.
- 2) Whisk oil, lemon juice and oregano together.
- 3) Add parsley to salad and toss with dressing to coat.
- 4) Can be eaten right away or covered and left in fridge to marinate for 2 hours before serving. Salad can be made a day in advance.

This salad is a source of iron and folate. It's quick to prepare and has classic Mediterranean flavours.

Nutrients Per Serving		
Per 2/3 cup (100 g)		% Daily Value
Calories	133 kcal	
Protein	6 g	
Fat	6 g	9%
Saturated Fat	1 g	5%
Cholesterol	4 mg	1%
Carbohydrates	15 g	5%
Fibre	3 g	12%
Sodium	112 mg	5%
Potassium	320 mg	9%
Vitamin C	14 mg	23%
Folate	110 mcg	50%
Calcium	54 mg	5%
Iron	3 mg	21%



Preparation time: 10 minutes / Cooking time: 20 minutes

## Black Bean Pizza



High Fibre

Makes 8 slices

- 1 purchased thin pizza crust (12-14" / 30-35 cm in diameter)
- 1¼ cup (300 mL) cooked **black beans**

### OR

- 1 - 14 oz can (398 mL) **black beans**, rinsed and drained
- ½ tsp (2 mL) hot sauce
- ⅔ cup (150 mL) chopped onion
- 1 tsp (5 mL) cumin
- 1 tsp (5 mL) chili powder
- 1 garlic clove, minced
- ½ cup (125 mL) salsa
- 1 tomato, diced
- ½ of a 10-ounce package frozen chopped spinach, thawed, drained, and squeezed dry
- 2 tbsp (30 mL) fresh parsley (or cilantro), chopped
- ½ cup (125 mL) cheddar cheese, shredded
- ½ cup (125 mL) Monterey Jack cheese, shredded

- 1) Preheat oven to 375°F (190°C)
- 2) Place pizza crust on a baking sheet; bake at 375°F (190°C) for 5 minutes or until crisp.
- 3) Mash beans with a fork; combine beans and next 5 ingredients (beans through garlic) in medium bowl, stirring to combine. Spread bean mixture over crust, leaving a 1-inch border.
- 4) Spoon salsa evenly over bean mixture; top with tomato and spinach. Sprinkle with cheeses.
- 5) Bake at 375°F (180°C) for 15 minutes or until crust is lightly browned. Garnish with parsley.

To make this dish gluten free, use a gluten free pizza crust.

Nutrients Per Serving		
Per slice		% Daily Value
Calories	279 kcal	
Protein	14.5 g	
Fat	11 g	17%
Saturated Fat	6.7 g	34%
Cholesterol	32 mg	11%
Carbohydrates	31 g	10%
Fibre	4.3 g	17%
Sodium	513 mg	21%
Potassium	337 mg	10%
Vitamin C	10 mg	17%
Folate	100 mcg	45%
Calcium	293 mg	27%
Iron	2.9 mg	16%



Preparation time: 10 minutes / Cooking time: 1 hour

## Pulse and Barley Salad

Serves 30 (3 kg)

- 1 tbsp (15 mL) canola oil
- 1 onion, chopped
- 1 garlic clove, minced
- 1½ cups (375 mL) pearl barley
- 4 cups (1 L) reduced sodium vegetable broth
- 1 medium zucchini, chopped
- 2 cups (500 mL) cherry tomatoes, halved
- 1-19 oz can (540 mL) **chickpeas**, rinsed and drained
- 1-19 oz can (540 mL) **lentils**, rinsed and drained
- ¼ tsp (2 mL) each salt and pepper
- 10 dill sprigs, chopped
- ¼ cup (50 mL) feta cheese, crumbled (optional)



- 1) Over medium-high heat, sauté onion and garlic in canola oil in a large saucepan for about 2 minutes. Add barley and cook additional 2 minutes.
- 2) Stir in vegetable broth and bring to a boil.
- 3) Cover pan and reduce heat. Let simmer for 30-35 minutes or until barley has soaked up most of the liquid.
- 4) Stir in zucchini, tomatoes, lentils, chickpeas, salt and pepper. Cover and cook 5 minutes. Stir in dill. Serve with optional sprinkling of feta on top.

This dish is also delicious cold!

Nutrients Per Serving		
½ cup (100 g)		% Daily Value
Calories	87 kcal	
Protein	4 g	
Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Carbohydrates	16 g	5%
Fibre	3 g	12%
Sodium	183 mg	8%
Potassium	193 mg	6%
Vitamin C	4 mg	7%
Folate	47 mcg	21%
Calcium	18 mg	2%
Iron	1 mg	7%



Preparation time: 20 minutes / Cooking time: None

## Black Bean and Corn Summer Salad

Serves 10 (1 kg)

- 1-19 oz can (540 mL) **black beans**, rinsed and drained
- 2 cups (500 mL) frozen corn niblets, thawed
- ¼ cup (50 mL) fresh cilantro, chopped
- ¼ cup (50 mL) lime juice
- 2 medium tomatoes, chopped
- ½ cup (125 mL) onion, chopped
- 1 tsp (5 mL) ground cumin
- ½ tsp (2 mL) each salt and pepper



High Fibre

- 1) Combine all ingredients in a large bowl. Serve.

This salad packs a whopping 5 grams of fibre per serving.

Nutrients Per Serving		
½ cup (100 g)		% Daily Value
Calories	121 kcal	
Protein	6 g	
Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Carbohydrates	22 g	7%
Fibre	5 g	20%
Sodium	43 mg	2%
Potassium	346 mg	10%
Vitamin C	8 mg	13%
Folate	99 mcg	45%
Calcium	23 mg	2%
Iron	2 mg	14%



Preparation time: 25 minutes / Cooking time: 1 hour 30 minutes

## Three-Bean Bake



Serves 12 (1.68 kg)

- 1-14 oz can (398 mL) **baked beans** in tomato sauce
- 1-14 oz can (398 mL) **lima beans**, rinsed and drained
- 1-14 oz can (398 mL) **kidney beans**, rinsed and drained 2 cups (500 mL) onion, chopped
- 1 cup (250 mL) green pepper, chopped
- 2 garlic cloves, minced
- 2 tbsp (30 mL) canola oil
- 1 tbsp (15 mL) all-purpose flour
- 2 tbsp (30 mL) molasses
- 1 tbsp (15 mL) reduced sodium soy sauce
- ½ tsp (2 mL) ground ginger
- Pinch chili powder (optional)



- 1) Preheat oven to 325°F (160°C).
- 2) Combine baked, lima and kidney beans in a 2 litre casserole and set aside.
- 3) In a large skillet, sauté onion, pepper and garlic in oil until onion is translucent.
- 4) Stir in flour then add molasses, soy sauce, ginger and chili powder. Bring to a boil. Pour over beans and stir lightly.
- 5) Cover and bake 1 hour on middle oven rack. Uncover and bake extra 30 minutes, or until thick.

Nutrients Per Serving		
Per 2/3 cup (140 g)		% Daily Value
Calories	135 kcal	
Protein	6 g	
Fat	3 g	5%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Carbohydrates	24 g	8%
Fibre	6 g	24%
Sodium	383 mg	16%
Potassium	352 mg	10%
Vitamin C	13 mg	22%
Folate	46 mcg	21%
Calcium	42 mg	4%
Iron	2 mg	14%



Preparation time: 5 minutes / Cooking time: 10 Minutes

## Refried Pinto Beans



Makes 3 servings (450 g)

- 1 tbsp (15 mL) canola oil
- ½ small onion, chopped
- 2 garlic cloves, minced
- 1 tsp (5 mL) chili powder
- 1¾ cups (475 mL) cooked **pinto beans**
- OR**
- 1-14 oz can (398 mL) **pinto beans**, rinsed and drained
- 2/3 cup (150 mL) low-sodium vegetable or chicken broth
- Dash both salt and pepper
- ¼ cup (50 mL) chopped cilantro



- 1) Heat canola oil in large saucepan over medium-low heat. Add onion and cook until tender, about 3 minutes.
- 2) Stir in garlic and chili powder and cook 1 minute longer. Stir in beans and chicken broth and cook until beans are warmed through, about 5 minutes.
- 3) Mash beans with a potato masher or the back of the wooden spoon, adding more broth if needed.
- 4) Season mixture with salt and pepper and stir in cilantro. Serve with corn or flour tortillas, if desired. This can also be used as a base in a layered dip.

Nutrients Per Serving		
Per 2/3 cup (150 g)		% Daily Value
Calories	255 kcal	
Protein	14 g	
Fat	6 g	9%
Saturated Fat	1 g	5%
Cholesterol	0 mg	0%
Carbohydrates	39 g	13%
Fibre	13 g	52%
Sodium	161 mg	7%
Potassium	700 mg	20%
Vitamin C	4 mg	7%
Folate	233 mcg	106%
Calcium	75 mg	7%
Iron	3 mg	21%

**Did you know?** Cold Canadian winters are good for pulses crops because freezing temperatures decrease crop diseases and insects. The cold weather also helps maintain high quality storage conditions on the farm.





Preparation time: 15 minutes / Cooking time: 15 minutes

## Zucchini and Yellow Split Pea Sauté

Serves 6 (600 g)

1 tbsp (15 mL) canola oil  
2 green onions, chopped  
2 medium zucchini, sliced  
1 cup (250 mL) **dry yellow split peas**, prepared according to package  
2 medium tomatoes, sliced  
1 cup (250 mL) reduced-fat cheddar cheese, shredded  
1 red onion, sliced in rings  
Dash garlic powder, light soy sauce and pepper



- 1) Heat oil in large skillet over medium heat.
- 2) Sauté green onions and zucchini slices until slightly tender, about 5 minutes. Add cooked yellow split peas. Stir gently.
- 3) Layer tomato slices over top and sprinkle with  $\frac{2}{3}$  cup (150 mL) shredded cheese. Layer onion rings over mixture and add remaining cheese.
- 4) Sprinkle garlic powder, soy sauce and pepper over top.
- 5) Reduce heat to low, place lid on the pan and heat ingredients for about 5 minutes. Serve immediately.

Nutrients Per Serving		
$\frac{1}{6}$ recipe (100 g)		% Daily Value
Calories	186 kcal	
Protein	13 g	
Fat	6 g	9%
Saturated Fat	3 g	15%
Cholesterol	11 mg	4%
Carbohydrates	21 g	7%
Fibre	4 g	16%
Sodium	161 mg	7%
Potassium	550 mg	16%
Vitamin C	17 mg	28%
Folate	81 mcg	37%
Calcium	213 mg	19%
Iron	1 mg	7%

## Soups



Preparation time: 30 minutes / Cooking time: 1 hour 15 minutes

## Beet and Bean Borscht

Makes 6 litres

3 tbsp (45 mL) canola oil  
1 large onion, chopped  
1 garlic clove, minced  
2 carrots, diced  
3 celery stalks, diced  
3 cups (750 mL) green cabbage, shredded  
3 cups (750 mL) beets, peeled and chopped  
10 cups (2.5 L) reduced sodium vegetable or beef stock\*  
1-19 oz can (540 mL) **navy or white kidney beans**, rinsed and drained **OR**  
2 cups (500 mL) **dry navy or white kidney beans**, prepared according to package  
 $\frac{1}{2}$  cup (125 mL) tomato juice  
2 tbsp (30 mL) lemon juice  
1 tsp (5 mL) pepper  
1 bunch parsley, chopped  
**OR**  
10 dill sprigs, chopped  
\* Gluten-free brand required



- 1) Sauté onion and garlic in 1 tbsp (15 mL) of oil until golden and soft. Set aside.
- 2) In a big soup pot, sauté carrots, celery and cabbage in remaining oil (30 mL) for about 3 minutes. Add beets and stock and cook about 1 hour or until beets are slightly tender.
- 3) Add onions and garlic, beans, tomato juice, lemon juice, pepper and parsley or dill. Bring to a boil and serve!

Nutrients Per Serving		
1 cup (250 mL)		% Daily Value
Calories	60 kcal	
Protein	3 g	
Fat	2 g	3%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Carbohydrates	8 g	3%
Fibre	1 g	4%
Sodium	357 mg	15%
Potassium	297 mg	8%
Vitamin C	7 mg	12%
Folate	43 mcg	20%
Calcium	33 mg	3%
Iron	1 mg	7%

A tasty and satisfying classic from Baba!

**Did you know?** Canada is the world's largest exporter and one of the world's largest producers of pulses.



Preparation time: 20 minutes / Cooking time: 1 hour

## Thick and Hearty Red Lentil Soup

High Fibre

Makes 4 litres

2 cups (500 mL) whole **red lentils**  
 1/3 cup (75 mL) pot barley, dried  
 10 cups (2.5 L) reduced sodium beef broth  
 1 lb (450 g) lean ground beef  
 1 large onion, chopped  
 2 carrots, chopped  
 2 large celery stalks, chopped  
 2 garlic cloves, diced  
 1-28 oz can (798 mL) diced tomatoes  
 1/2 tsp (2 mL) salt  
 1/4 tsp (1 mL) pepper  
 Dash cayenne pepper  
 1 bay leaf

- 1) Combine lentils, barley and beef broth in large stock pot or Dutch oven. Bring mixture to a boil, then reduce heat and simmer for 30 minutes.
- 2) Place ground beef into large frying pan and place over medium heat. Stir and cook until juices run clear.
- 3) Add beef and onion, carrots, celery, garlic, tomatoes and remaining ingredients, to the stock pot. Break up tomatoes with wooden spoon. Bring to a boil and simmer, stirring occasionally, for 20 to 30 minutes, or until vegetables are tender and soup has thickened. Remove bay leaf before serving.

Enjoy this soup as a main dish.  
 Serve with biscuits or buns.

Nutrients Per Serving		
1 cup (250 mL)		% Daily Value
Calories	189 kcal	
Protein	17 g	
Fat	4 g	6%
Saturated Fat	2 g	10%
Cholesterol	17 mg	5%
Carbohydrates	23 g	7%
Fibre	4 g	16%
Sodium	535 mg	22%
Potassium	608 mg	17%
Vitamin C	11 mg	18%
Folate	128 mcg	58%
Calcium	53 mg	5%
Iron	4 mg	28%



Preparation time: 15 minutes / Cooking time: 30 minutes

## Yellow Split Pea Soup



High Fibre

Makes 1.5 litres

1 tbsp (15 mL) canola oil  
 1/2 cup (125 mL) onions, chopped  
 1 1/2 cup (125 mL) carrots, chopped  
 1 cup (250 mL) ham, diced  
 1 1/2 cups (375 mL) **dry yellow split peas**, prepared according to package  
 2 1/2 cups (625 mL) reduced sodium vegetable broth\*  
 1 cup (250 mL) milk  
 Dash each of nutmeg, pepper and salt.  
 \* Gluten-free brand required

- 1) In a large stock pot, heat oil. Add onions and carrots and sauté vegetables until tender. Add ham and sauté until heated through.
- 2) Purée prepared split peas in blender or food processor, adding vegetable broth 1/2 cup at a time as needed to get puréed texture.
- 3) Add puréed peas to the stock pot, along with milk, any remaining vegetable broth, nutmeg, pepper and salt. Continue to heat until desired temperature is reached. Serve.

Cook peas a day, week or month in advance. They can be frozen until you are ready to use them.

Nutrients Per Serving		
1 cup (250 mL)		% Daily Value
Calories	244 kcal	
Protein	20 g	
Fat	6 g	9%
Saturated Fat	1 g	5%
Cholesterol	29 mg	10%
Carbohydrates	29 g	10%
Fibre	4 g	16%
Sodium	886 mg	37%
Potassium	713 mg	20%
Vitamin C	3 mg	5%
Folate	80 mcg	36%
Calcium	87 mg	8%
Iron	2 mg	14%



Preparation time: 35 minutes / Cooking time: 1 hour 5 minutes

## Lentil Potato Spinach Soup

Makes 2.25 litres

- 1 cup (250 mL) **dry green lentils**, dried
- 2 tbsp (30 mL) canola oil
- 2 garlic cloves, minced
- 2 medium onions, chopped
- 6 cups (1.5 L) reduced sodium vegetable broth\*
- ½ cup (125 mL) fresh parsley, chopped
- 4 cups (1 L) fresh spinach, chopped
- 2 medium potatoes, cubed
- Dash salt and pepper
- ¼ cup (50 mL) lemon juice
- \* Gluten-free brand required



High Fibre

- 1) Cover lentils with 2½ cups water in a medium saucepan. Bring to boil and reduce to simmer, covered for 30 minutes. Set aside. Drain liquids.
- 2) Sauté garlic and onions with oil in a large saucepan until browned. Add vegetable (or chicken) broth, lentils and remaining ingredients except lemon juice.
- 3) Cook mixture for about 1 hour until lentils and potatoes are tender. Add lemon juice and serve.

Serve nice and hot on a chilly day.

Nutrients Per Serving		
1 cup (250 mL)		% Daily Value
Calories	149 kcal	
Protein	1 g	
Fat	4 g	6%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Carbohydrates	21 g	7%
Fibre	4 g	16%
Sodium	451 mg	19%
Potassium	587 mg	17%
Vitamin C	20 mg	33%
Folate	144 mcg	65%
Calcium	53 mg	5%
Iron	3 mg	21%



Preparation time: 25 minutes / Cooking time: 40 minutes

## Magnificent Minestrone

Makes 6 litres

- 2 cups (500 mL) short pasta of your choice, cooked
- 2 tbsp (30 mL) canola oil
- 6 garlic cloves, minced
- 2 large carrots, chopped
- 3 celery stalks, chopped
- 1 large yellow onion, chopped
- 1 tbsp (15 mL) thyme leaves, finely chopped
- 1 bay leaf
- 1-19 oz can (540 mL) **white kidney or great northern beans**, rinsed and drained
- 1-19 oz can (540 mL) **red kidney beans**, rinsed and drained
- 1-19 oz can (540 mL) **chickpeas**, rinsed and drained
- 1-19 oz can (540 mL) diced tomatoes
- 1 cup (250 mL) green cabbage, shredded
- 2 medium zucchini, chopped
- 8 cups (2 L) reduced sodium chicken or veggie broth
- 1 tbsp (15 mL) pepper



High Fibre

- 1) Cook pasta according to directions on package. Cook until al dente, drain and toss with half the oil. Set aside.
- 2) In a large saucepan, heat remaining oil on high. Add garlic and sauté until golden. Lower heat to medium and add carrots, celery and onion. Cook until soft, stirring often, about 10 minutes. Add thyme and bay leaf and raise heat to high. Add beans, chickpeas, tomatoes, cabbage, zucchini and bay leaf. Add chicken stock and bring to a boil.
- 3) Lower heat and simmer for 15-20 minutes, skimming foam from top.
- 4) Season with pepper and remove bay leaf. Add cooked pasta and enjoy!

Feel free to add more pulses, or replace the vegetables with ones on hand.

Nutrients Per Serving		
1 cup (250 mL)		% Daily Value
Calories	128 kcal	
Protein	5 g	
Fat	2 g	3%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Carbohydrates	23 g	8%
Fibre	5 g	20%
Sodium	457 mg	19%
Potassium	389 mg	11%
Vitamin C	10 mg	17%
Folate	59 mcg	27%
Calcium	48 mg	4%
Iron	2 mg	14%



# Main Dishes



Preparation time: 30 minutes / Cooking time: 35 minutes

## Chicken and Chickpea Stew

Makes 6 litres

- 1 tbsp (15 mL) canola oil
- 2 celery stalks, chopped
- 2 carrots, diced
- 1 onion, chopped
- 2 garlic cloves, minced
- 4 cups (1 L) low sodium chicken broth
- 3 cups (750 mL) spaghetti sauce
- 1-19 oz can (540 mL) **chickpeas**, rinsed and drained
- 1-19 oz can (540 mL) **white kidney beans**, rinsed and drained
- 1½ cups (375 mL) dry short tube pasta (tubetti)
- ½ tsp (2 mL) pepper
- 8 skinless, boneless chicken thighs cut into ½ inch cubes
- ½ cup (125 mL) grated fresh parmesan



↑  
High  
Fibre

- 1) In large sauce pan heat oil over medium heat. Add celery, carrot and onion and sauté until tender. Add garlic and cook about 1 minute, stirring constantly.
- 2) Add broth, spaghetti sauce, chickpeas, kidney beans, pasta, pepper and bring to a boil.
- 3) Reduce heat to low-medium and simmer until pasta is tender, about 10-12 minutes. Add chicken to pan and cook 5-8 minutes until chicken is done.
- 4) Sprinkle with parmesan cheese and serve.

Cut this recipe in half for fewer servings or freeze leftovers for easy meals.

Nutrients Per Serving		
1 cup (250 g)		% Daily Value
Calories	170 kcal	
Protein	10 g	
Fat	4 g	6%
Saturated Fat	1 g	5%
Cholesterol	18 mg	6%
Carbohydrates	23 g	8%
Fibre	4 g	16%
Sodium	544 mg	23%
Potassium	404 mg	12%
Vitamin C	4 mg	7%
Folate	46 mcg	21%
Calcium	70 mg	6%
Iron	2 mg	14%



Preparation time: 15 minutes / Cooking time: 20 minutes

## Black Bean Burgers

Serves 4 (1 kg)

- 1-19 oz can (540 mL) **black beans**, rinsed and drained
- 1 cup (250 mL) brown rice, cooked
- 1 small onion, chopped
- 2 green onions, chopped
- ½ tsp (2 mL) Tabasco sauce (optional)
- 1 egg
- ¼ cup (50 mL) bread crumbs
- 6 tbsp (90 mL) salsa (divided)
- 4 hamburger buns
- ¼ cup (50 mL) low fat plain yogurt
- 4 Romaine lettuce leaves
- 1 avocado, sliced (optional)



↑  
High  
Fibre

- 1) In a large bowl, coarsely mash beans with a potato masher or fork. Add rice, onions, Tabasco sauce if desired, egg, bread crumbs and two tablespoons of salsa. Mix well.
- 2) Divide mixture into 4 and form into patties that are about 1 inch thick.
- 3) Preheat oven to 350°F (180°C). In a non-stick pan, cook burgers over medium heat for 4-5 minutes each side, or until lightly browned. Transfer to an oven-safe tray and bake in preheated oven for about 10 minutes.
- 4) In a small bowl, combine remaining salsa and yogurt. Serve with lettuce and avocado (if desired) as a condiment to your burger.

Nutrients Per Serving		
1 dressed burger (250 g)		% Daily Value
Calories	372 kcal	
Protein	18 g	
Fat	5 g	8%
Saturated Fat	1 g	5%
Cholesterol	47 mg	16%
Carbohydrates	65 g	22%
Fibre	10 g	40%
Sodium	429 mg	18%
Potassium	617 mg	16%
Vitamin C	7 mg	12%
Folate	259 mcg	118%
Calcium	152 mg	14%
Iron	5 mg	35%

**Did you know?** Ancient Egyptians thought that lentils made children's minds more aware, making them scholarly and good-humoured.



Preparation time: 1 hour / Cooking time: 1 hour 30 minutes

## Lazy Perogy



Serves 8 (2 kg)

- 1½ cups (375 mL) potatoes, mashed
- 1½ cups (375 mL) **navy, pinto, OR great northern bean purée**
- 1 cup (250 mL) low-fat cheddar cheese, grated
- 2 cups (500 mL) cottage cheese 1% MF
- ¼ cup (50 mL) green onion, diced
- 1 egg, beaten
- ¼ tsp (1 mL) salt
- ½ tsp (2 mL) pepper
- 4 cups (1 L) fresh spinach, chopped
- 9 lasagna noodles, cooked
- 1½ cups (375 mL) onion, diced
- ¼ cup (50 mL) soft margarine
- ¼ lb (114 g) bacon, cooked crisp and crumbled

- 1) Preheat oven to 350°F (180°C).
- 2) Spray a 9 x 13 baking dish with a non-stick vegetable spray.
- 3) In a bowl combine potatoes, bean purée and Cheddar cheese. In separate bowl, combine cottage cheese, green onion, egg, salt and pepper. Add spinach and mix well.
- 4) Place lasagna noodles on the pan bottom. Spread bean mixture over first layer of noodles and cover with next layer of noodles. Spread cottage cheese mixture over 2<sup>nd</sup> layer of noodles. Cover with the last of the noodles.
- 5) In a skillet, sauté onion in margarine until translucent. Remove from heat and spread over final layer of noodles.
- 6) Cover with foil and bake on middle oven rack for 1¼ hours.
- 7) Remove from oven and garnish with bacon. Bake uncovered for 5 minutes.
- 8) Cool for 10 min, covered, before serving. Enjoy.

Nutrients Per Serving		
1/8 recipe (250 g)		% Daily Value
Calories	425 kcal	
Protein	26 g	
Fat	15 g	23%
Saturated Fat	4 g	20%
Cholesterol	45 mg	15%
Carbohydrates	47 g	16%
Fibre	5 g	20%
Sodium	762 mg	32%
Potassium	714 mg	20%
Vitamin C	11 mg	18%
Folate	95 mcg	43%
Calcium	162 mg	15%
Iron	2 mg	14%



Preparation time: 20 minutes / Cooking time: 25 minutes

## Country Chili

Serves 16 (4 kg)

- 1 lb (500 g) lean ground beef
- 1 tbsp canola oil
- 2 garlic cloves, minced
- 2 cups (500 mL) onion, chopped
- 1 green pepper, seeded and chopped
- 2 celery stalks, chopped
- 1-7½ oz can (398 mL) tomato sauce
- 1-28 oz can (796 mL) tomatoes, halved
- 1 tbsp (15 mL) chili powder
- 1 tsp (1 mL) Worcestershire sauce\*
- 4 cups (1 L) **red kidney beans**, cooked

**OR**

- 2-19 oz cans (2-540 mL) **red kidney beans**, rinsed and drained
- 1 tbsp (15 mL) lemon juice

Pinch salt and pepper

\* Gluten-free variety

- 1) In skillet, cook ground beef until browned.
- 2) In a medium soup pot, heat oil and sauté garlic, onion, green peppers and celery about 5 minutes.
- 3) Add ground beef, tomato sauce, tomatoes, chili powder and Worcestershire sauce. Cook 10 minutes on medium heat and add beans.
- 4) Bring to a boil and season with lemon juice, salt and pepper. Serve and enjoy.

Nutrients Per Serving		
1 cup (250 g)		% Daily Value
Calories	167 kcal	
Protein	13 g	
Fat	6 g	9%
Saturated Fat	2 g	10%
Cholesterol	28 mg	9%
Carbohydrates	16 g	5%
Fibre	6 g	24%
Sodium	431 mg	18%
Potassium	504 mg	14%
Vitamin C	19 mg	32%
Folate	50 mcg	23%
Calcium	52 mg	5%
Iron	3 mg	21%



High Fibre



Preparation time: 25 minutes / Cooking time: 45 minutes

## Bean Lasagna

High Fibre

Serves 8 (1.8 kg)

2 cups (500 mL) cooked **red kidney beans**

**OR**

1-19 oz can (540 mL) **red kidney beans**, rinsed and drained

½ lb (250 g) lean ground beef

1 onion, chopped

1 garlic clove, minced

13 oz can (369 mL) tomato paste

3 cups (750 mL) water

1 tsp (5 mL) dried basil

½ tsp (2 mL) ground thyme

½ tsp (2 mL) ground oregano

½ tsp (2 mL) salt and pepper

1 egg, slightly beaten

2 cups (500 mL) 1% cottage cheese

8 oven-ready lasagna noodles

2 cups (500 mL) part-skim mozzarella cheese, shredded

- 1) Mash  $\frac{3}{4}$  of the beans.
- 2) In large non-stick skillet, cook beef, onions and garlic over medium heat, about 6 minutes or until beef is no longer pink and onions are translucent. Spoon off excess fat.
- 3) Stir in mashed beans, whole beans, tomato paste, water, basil, thyme and oregano. Bring to boil, reduce heat and simmer until slightly reduced, about 15 minutes. Season with salt and pepper.
- 4) In medium bowl, combine egg with cottage cheese and mix well.
- 5) Preheat oven to 350°F (180°C).
- 6) Spread 1½ cups of meat sauce over bottom of 13x9 inch baking/lasagna dish. Set 1 cup of sauce aside. Arrange 4 lasagna noodles over sauce then coat with meat sauce again. Spread half of cottage cheese mixture over meat sauce then half of mozzarella over cottage cheese.
- 7) Repeat noodles to mozzarella layer.
- 8) Bake until noodles are tender, about 40 minutes. Let stand about 10 minutes before cutting.

Adding beans is an easy way to increase fibre in lasagna.

Nutrients Per Serving		
1/8 recipe (225 g)		% Daily Value
Calories	450 kcal	
Protein	35 g	
Fat	14 g	22%
Saturated Fat	7 g	35%
Cholesterol	74 mg	25%
Carbohydrates	48 g	16%
Fibre	8 g	32%
Sodium	905 mg	38%
Potassium	934 mg	27%
Vitamin C	12 mg	20%
Folate	68 mcg	31%
Calcium	327 mg	30%
Iron	4 mg	28%

## For the Crock Pot



Preparation time: 30 minutes /  
Cooking time: 10-12 hours on low, 6-8 hours on high

## Chicken Cassoulet

Serves 8 (2 kg)

1 cup (250 mL) **dry navy beans**, soaked according to package

8 bone-in chicken thighs

1 medium Polish sausage, cooked (optional)

1-10 oz can (284 mL) tomato juice

1-28 oz can (796 mL) tomatoes, halved

1 tbsp (15 mL) Worcestershire sauce\*

1 tsp (5 mL) instant beef or chicken bouillon granules\*

½ tsp (2 mL) dried basil

½ tsp (2 mL) dried oregano

½ tsp (2 mL) paprika

½ cup (125 mL) carrot, chopped

½ cup (125 mL) celery, chopped

½ cup (125 mL) onion, chopped

\* Gluten-free brand required

- 1) Boil soaked beans for 10-12 minutes. Drain and set aside.
- 2) Skin chicken pieces and set aside. If using sausage, halve it lengthwise and cut into bite size pieces.
- 3) In a medium bowl, combine beans, tomato juice, tomatoes, Worcestershire sauce, bouillon, basil, oregano and paprika.
- 4) In a 4 quart (3.78 litre) slow cooker combine carrots, celery and onion. Arrange chicken and sausage over vegetables. Pour bean mixture over chicken and sausage.
- 5) Cover and cook on low-heat setting for 10-12 hours or on high-heat setting for 6-8 hours. Serve.

For a complete meal, serve with brown rice and fruit for dessert.



High Fibre

Nutrients Per Serving		
1 cup (250 g)		% Daily Value
Calories	278 kcal	
Protein	29 g	
Fat	7 g	11%
Saturated Fat	0 g	0%
Cholesterol	67 mg	22%
Carbohydrates	25 g	8%
Fibre	6 g	24%
Sodium	437 mg	18%
Potassium	680 mg	19%
Vitamin C	20 mg	33%
Folate	122 mcg	55%
Calcium	89 mg	8%
Iron	3 mg	21%

**Quick Pulse Tip:** When soaking beans, you can check if they are ready to cook by cutting one in half. If the centre is opaque, they are ready to be cooked!





Preparation time: 20 minutes / Cooking time: 6-7 hours on high

Preparation time: 20 minutes /  
Cooking time: 6-8 hours on low or 4 hours on high

## Slow Cooker Split Pea Sausage Soup



Makes 8 cups

- 8 cups (2 L) low sodium chicken broth\*
- 1 lb (450 g) **dried yellow split peas**, rinsed
- 1 lb (450 g) smoked sausage, sliced\*
- 1½ cups (375 mL) carrots, chopped
- 1 cup (250 mL) celery, chopped
- 2 medium potatoes, peeled and chopped
- 1 onion, chopped
- 2 garlic cloves, chopped
- ½ tsp (2 mL) dried oregano
- 2 bay leaves
- \* Gluten-free brand required

- 1) In a 5 quart (4.73 litres) slow cooker combine chicken broth, peas, sausage, carrot, celery, potatoes, onion, garlic, oregano and bay leaves.
- 2) Cover and cook 6-7 hours on high. Remove the bay leaves before serving.

Nutrients Per Serving		
	1 cup (250 mL)	% Daily Value
Calories	290 kcal	
Protein	17 g	
Fat	11 g	17%
Saturated Fat	4 g	20%
Cholesterol	27 mg	9%
Carbohydrates	33 g	11%
Fibre	4 g	16%
Sodium	737 mg	31%
Potassium	806 mg	23%
Vitamin C	9 mg	15%
Folate	124 mcg	56%
Calcium	55 mg	5%
Iron	3 mg	21%

Easy to prepare before work so a delicious meal will be ready when you get home.

## Mexicana Chili

Serves 14 (3.5 kg)

- 1 lb (450 g) lean ground beef
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1-28 oz can (796 mL) diced tomatoes
- 1½ cups (375 mL) chunky salsa
- 1-12 oz can (341 mL) corn niblets, drained
- 1-19 oz can (540 mL) **black beans**, rinsed and drained
- ¼ cup (50 mL) fresh cilantro, chopped
- 4 green onions, chopped
- 1½ cups (375 mL) tomato sauce
- Dash salt and pepper
- 1 tsp (5 mL) ground cumin

- 1) In a medium frying pan, cook ground beef with onions and garlic over medium-high heat until beef is browned. Drain excess juice.
- 2) Put beef into slow cooker. Add rest of ingredients and stir until mixed.
- 3) Cook on low for 6-8 hours or on high for 3-4 hours.

Nutrients Per Serving		
	1 cup (250 mL)	% Daily Value
Calories	188 kcal	
Protein	14 g	
Fat	6 g	9%
Saturated Fat	2 g	10%
Cholesterol	29 mg	10%
Carbohydrates	21 g	7%
Fibre	5 g	20%
Sodium	601 mg	25%
Potassium	533 mg	15%
Vitamin C	13 mg	22%
Folate	85 mcg	39%
Calcium	51 mg	5%
Iron	3 mg	21%



# Desserts and Baked Goods



Preparation time: 20 minutes / Cooking time: 15 minutes

## Chocolate Chip Oat Cookies



Makes 24 cookies (360 g)

½ cup (125 mL) **canned navy beans**, rinsed and drained

**OR**

½ cup (125 mL) **canned lentils**, rinsed and drained

1 egg

2 tbsp (30 mL) canola oil

¾ cup (175 mL) brown sugar, packed

1 tsp (5 mL) vanilla extract

½ cup (125 mL) semi-sweet chocolate chips or, if desired, raisins

1½ cups (325 mL) rolled oats

¾ cup (175 mL) whole wheat flour

½ tsp (2 mL) baking soda

- 1) Preheat oven to 375°F. Line a cookie sheet with parchment paper or lightly spray cookie sheet with cooking spray.
- 2) In blender, purée beans with egg until smooth.
- 3) In a medium bowl, beat canola oil, sugar and vanilla using electric mixer until smooth. Add bean and egg purée and continue beating until well combined.
- 4) Add chocolate chips (or raisins) and oats and stir with a spoon to combine.
- 5) Sift together flour and baking soda over wet mixture and stir until well combined.
- 6) Drop by rounded teaspoon, 2 inches (5 cm) apart on prepared cookie sheet and flatten slightly. Bake for 15 minutes.

Adding puréed pulses to baked goods will add moisture and fibre.

Nutrients Per Serving		
Per cookie (15 g)		% Daily Value
Calories	124 kcal	
Protein	3 g	
Fat	3 g	5%
Saturated Fat	1 g	5%
Cholesterol	8 mg	3%
Carbohydrates	21 g	7%
Fibre	2 g	8%
Sodium	55 mg	2%
Potassium	98 mg	3%
Vitamin C	0 mg	0%
Folate	10 mcg	5%
Calcium	18 mg	2%
Iron	1 mg	7%



Preparation time: 15 minutes / Cooking time: 25 minutes

## Cranberry Orange Muffins



Makes 12 muffins (660 g)

2 cups (500 mL) all-purpose flour

1½ tsp (7 mL) baking powder

Dash salt

½ cup (125 mL) margarine, unsalted, melted

¾ cup (175 mL) white sugar

2 eggs

1 cup (250 mL) **lentil purée**

¾ cup (175 mL) orange juice

1 zest of whole orange

1¼ cups (300 mL) whole cranberries, frozen

- 1) Preheat oven to 375°F (190°C). Prepare muffin tins with large muffin cup liners or lightly grease sides of tin.
- 2) In a medium bowl, stir together flour, baking powder and salt.
- 3) In a mixing bowl, blend together butter and sugar and eggs. Add lentil purée, orange juice and zest.
- 4) Fold in dry ingredients until just blended and add cranberries.
- 5) Spoon mixture into prepared pan filling cups three-quarters of the way full. Bake 20-25 minutes or until toothpick inserted in centre of muffins comes out clean.

Nutrients Per Serving		
1 muffin (55 g)		% Daily Value
Calories	251 kcal	
Protein	5 g	
Fat	9 g	14%
Saturated Fat	1 g	5%
Cholesterol	31 mg	10%
Carbohydrates	37 g	12%
Fibre	2 g	8%
Sodium	47 mg	2%
Potassium	154 mg	4%
Vitamin C	9 mg	15%
Folate	11 mcg	5%
Calcium	18 mg	2%
Iron	2 mg	14%

With a zing of cranberries and a hint of orange, this is a great tasting source of fibre.



Preparation time: 15 minutes / Cooking time: 30 minutes

## Lentil Granola Bars



Makes 35 bars (1.05 kg)

- $\frac{2}{3}$  cup (150 mL) shredded coconut
- 2 cups (500 mL) quick-cooking rolled oats
- 1 cup (250 mL) brown sugar, lightly packed
- $\frac{1}{3}$  cup (75 mL) pellet-like bran cereal
- $\frac{1}{2}$  tsp (2 mL) cinnamon
- $\frac{3}{4}$  cup (175 mL) **lentil purée**
- $\frac{1}{2}$  cup (125 mL) canola oil
- 1 egg, beaten
- $\frac{1}{2}$  tsp (2 mL) vanilla extract
- $\frac{1}{4}$  cup (50 mL) semi sweet chocolate chips, melted

- 1) Place rack in centre of oven. Preheat to 350°F (180°C).
  - 2) In medium bowl, mix coconut, oats, brown sugar, bran cereal and cinnamon.
  - 3) Add lentil purée, oil, egg and vanilla. Mix until dry ingredients are just moistened.
  - 4) Spread over a 10½ x 16 (25 x 40 cm) nonstick cookie sheet. Bake 30 minutes, or until lightly browned.
- While bars are still warm, drizzle chocolate over top and cut into 35 bars.

The kids will never know you added something healthy to this treat.

### Nutrients Per Serving

1 bar (30 g)		% Daily Value
Calories	137 kcal	
Protein	3 g	
Fat	6 g	9%
Saturated Fat	2 g	10%
Cholesterol	5 mg	2%
Carbohydrates	19 g	6%
Fibre	3 g	12%
Sodium	19 mg	1%
Potassium	123 mg	4%
Vitamin C	0 mg	0%
Folate	18 mcg	8%
Calcium	17 mg	2%
Iron	1 mg	7%



Preparation time: 20 minutes / Cooking time: 12 minutes

## Speckled Chocolate Chip Cookies



Makes 48 cookies (360g)

- 1 cup (250 mL) **black bean flour OR whole bean flour\***
- $\frac{1}{2}$  tsp (2 mL) baking soda
- Dash salt
- $\frac{1}{2}$  cup (125 mL) soft margarine, unsalted
- $\frac{1}{2}$  cup (125 mL) white sugar
- $\frac{1}{4}$  cup (50 mL) brown sugar, packed
- 1 egg
- 1 tsp (5 mL) vanilla extract
- 1 cup (250 mL) semi-sweet chocolate chips

\* Found in grocery stores or bulk food stores

- 1) Preheat oven to 350°F (180°C).
- 2) In small bowl, stir together bean flour, baking soda and salt.
- 3) In mixing bowl, cream together margarine and both sugars. Beat in egg and vanilla until light and fluffy.
- 4) Stir in dry ingredients until blended. Fold in chocolate chips.
- 5) Drop by small teaspoonfuls 2 inches (5 cm) apart onto nonstick baking sheets. Bake for 10-12 minutes or until golden brown.

Adapted from Currie, V. & Spicer, K. (1993). *Full of Beans*. Mighton House p.170.

The dough will seem sticky with bean flours. Leave enough room in between teaspoonfuls for cookies to spread as they bake.

### Nutrients Per Serving

2 cookies (15 g)		% Daily Value
Calories	133 kcal	
Protein	2 g	
Fat	7 g	11%
Saturated Fat	2 g	10%
Cholesterol	8 mg	3%
Carbohydrates	16 g	5%
Fibre	1 g	4%
Sodium	44 mg	2%
Potassium	87 mg	2%
Vitamin C	0 mg	0%
Folate	24 mcg	1%
Calcium	14 mg	1%
Iron	1 mg	7%



# Nutrition Facts

Beans, peas, lentils and chickpeas are very nutritious. These charts compare black beans with other common foods in terms of calories, fibre, folate, and iron. Black beans were selected to show the average nutrient analysis of pulses.

According to Health Canada's guidelines, pulses are an:

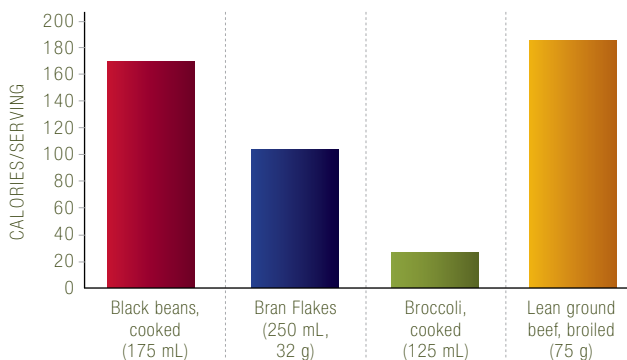
- Excellent source of fibre
- Excellent source of iron if eaten with a source of vitamin C
- Excellent source of folate
- Low in fat
- Free of saturated fat and cholesterol



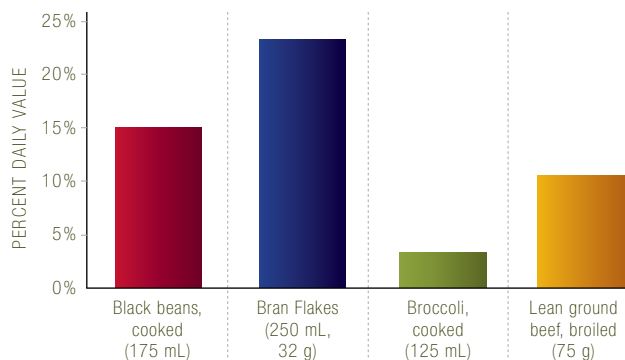
Pulses are an excellent source of manganese and a good source of potassium, magnesium, phosphorus and zinc. Pulses are also low in fat and free of saturated fat and cholesterol.

To learn more about the nutrient composition of pulses, visit [www.pulsecanada.com](http://www.pulsecanada.com).

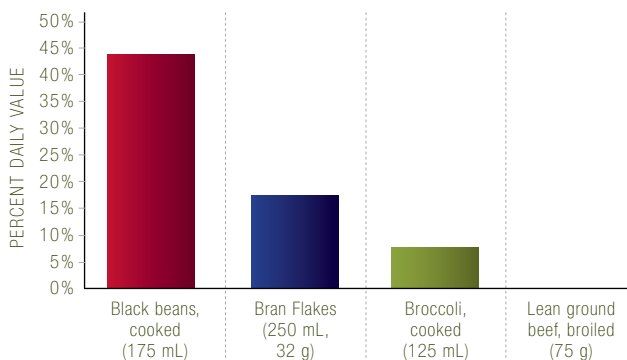
## Calories



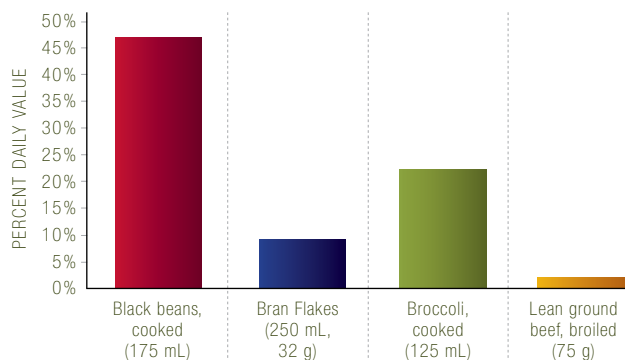
## Iron



## Fibre



## Folate



One serving of pulses is equal to  $\frac{3}{4}$  cup (175 mL).

Serving sizes are based on *Eating Well with Canada's Food Guide* (2007). See [healthcanada.gc.ca/foodguide](http://healthcanada.gc.ca/foodguide)

**Did you know?** According to Health Canada, the % Daily Value (% DV) is a benchmark for evaluating the nutrient content of foods quickly and easily. The % DV lets you know how much one serving of the food contains specific nutrients based on recommendations for a healthy 2,000 calorie/day diet.

Pulse Canada is the national association representing pulse growers, processors and traders. Direction and funding is provided by Alberta Pulse Growers Commission, Saskatchewan Pulse Growers, Manitoba Pulse Growers Association, the Ontario Bean Producers Marketing Board, Ontario Coloured Bean Growers and the pulse processors and exporters that are members of the Canadian Special Crops Association (CSCA). Pulse Canada provides its members with a single, unified voice on national and international issues affecting the pulse industry. Areas of focus include market access and transportation, as well as positioning pulses as a cornerstone ingredient for healthier foods and a more sustainable environment. Pulse Canada's members include:



The Ontario Coloured Bean Growers Association represents 450 producers in Ontario who grow a variety of coloured beans including Kidney, Cranberry, Blacks, Otebos, Pintos and Adzuki

Beans. Our mandate includes product promotion, consumer education, agronomy and production research and is funded by a non-refundable checkoff / tonne of production. Formed in 1986, the association is based in Mitchell, Ontario and is very active in lobbying the provincial and federal governments for programs to benefit our producer.

To learn more about the Ontario Coloured Bean Growers Association, visit [www.ontariobeans.on.ca](http://www.ontariobeans.on.ca)



The Ontario Bean Producers' Marketing Board (OBPMB) is a not for profit organization that represents the interests of approximately 1,000 farmers in Ontario that grow White Pea Beans (commonly found on store shelves as baked beans or beans in tomato sauce). Adapted

varieties of White Pea Beans are grown throughout Ontario from the deep southwest – Harrow/Windsor area to the opposite end of the province in the Ottawa valley. Board operations are funded through a grower-licensing fee that is assessed against production. Revenues are allocated to prioritized strategic areas such as research, communications, promotions and marketing.

To learn more about OBPMB, visit [www.ontariobeans.on.ca](http://www.ontariobeans.on.ca)



The Manitoba Pulse Growers Association (MPGA) represents 3,800 farmers in Manitoba who grow edible beans, peas, lentils, chickpeas, fababeans and soybeans. The organization is funded by a 0.5% check off levied against sales of these crops. MPGA's mission is to provide members with production and marketing support, through focused research, advocacy and linkages with industry partners. MPGA's goal is to improve members' profitability

by broadening market access, giving leadership and focus to research and development, and representing Manitoba pulse producers in areas of government and industry policy affecting returns to pulse growers.

To learn more about MPGA, visit [www.manitobapulse.ca](http://www.manitobapulse.ca)



Saskatchewan Pulse Growers represents over 18,000 pulse crop producers in Saskatchewan. Accountable to growers and funded through a mandatory check-off, SPG has a producer-elected

board of directors comprised of seven pulse growers. With a legislated mandate to build a prosperous pulse industry in Saskatchewan, SPG invests in research and market development and promotes sustainable innovation, growth and success through leadership, collaboration and support. Today, Saskatchewan is the heart of Canada's pulse industry. We produce 99% of the Canadian lentil crop, 80% of the Canadian pea crop, and 88% of the Canadian chickpea crop and there are over 100 special crop processors in Saskatchewan.

To learn more about Saskatchewan Pulse Growers, visit [www.saskpulse.com](http://www.saskpulse.com)



The Alberta Pulse Growers Commission (APG) represents 4,500 Alberta farmers who grow peas, beans, chickpeas, lentils and faba beans. It is a producer-driven, not-for-profit, organization funded by a refundable levy deducted at the point of pulse crop sale. Our mission is "To provide leadership,

increasing the competitiveness, profitability, and sustainability of pulse production as well as promoting health and environmental benefits of pulses." The Alberta pulse industry has grown from its inception, in the early 1980s, to one where primary production contributed \$225 million to the Alberta economy in 2008.

To learn more about APG, visit [www.pulse.ab.ca](http://www.pulse.ab.ca)



The Canadian Special Crops Association (CSCA) is a national trade association established in

1987. It represents companies involved in the merchandising of Canadian pulse and special crops, including bean, chickpea, lentil, pea, canary seed, buckwheat, sunflower seed and mustard seed. The CSCA currently has more than 110 members, ranging from large multi national organizations to single-plant processors. Together they represent more than 85% of the pulse and special crops produced in Canada.

To learn more about CSCA, visit [www.specialcrops.mb.ca](http://www.specialcrops.mb.ca)

To learn more about Pulse Canada, visit our website at [www.pulsecanada.com](http://www.pulsecanada.com)

## Pulse Canada

1212-220 Portage Avenue  
Winnipeg, Manitoba,  
Canada R3C 0A5

Telephone: 204.925.4455

Fax: 204.925.4454

Email: [office@pulsecanada.com](mailto:office@pulsecanada.com)

Web: [www.pulsecanada.com](http://www.pulsecanada.com)

## Canada

The preparation of this publication has been made possible through the financial support from Agriculture and Agri-Food Canada under the Canadian Agriculture and Food International Program and through Canada's Agricultural Policy Framework, a Federal-Provincial-Territorial initiative.

