Cooking with PULSES

BEANS, PEAS, LENTILS & CHICKPEAS
Types of Pulses

Peas
- Split Yellow Peas
- Split Green Peas
- Whole Yellow Peas

Beans
- Navy Beans
  Other names: White Bean, Alubias Chica
- Great Northern Beans
- Pinto Beans
  Other name: Dark Speckled
- Black Beans
  Other names: Black Turtle, Preto
- Kabuli Chickpeas
  Other names: Garbanzo, Kabuli chana, Bengal gram
- Desi Chickpeas
  Other names: Kala Chana and Bengal gram
- Cranberry Beans
  Other names: Romano, Speckled Sugar, Borlotti
- Red Kidney Beans
- Other names: Large White, Cannellini
- Split Red Lentils
  Other name: Masoor dal
- Split Green Peas
- Whole Green Peas

Lentils
- Red Lentils
  Other name: Masoor
- French Green Lentils
  Other name: Dark Speckled
- Large Green Lentils
  Other names: Laird-type, Masoor
- Whole Green Peas

Chickpeas
- Whole Green Peas
- Split Red Lentils
  Other name: Masoor dal
- Split Green Peas
- Whole Green Peas

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Discover an affordable, nutritious and versatile food—pulses. Enjoyed by many cultures around the world, pulses contribute to wonderful main dishes, side dishes, soups, salads, appetizers, snacks and even baked goods! Explore new ways to include pulses in your family’s diet.

This book also contains tips on buying and preparing pulses, information on their health benefits and many delicious pulse recipes.
WHO SHOULD EAT PULSES?
Everyone can benefit from eating pulses. Pulses are high in protein, fibre and complex carbohydrates, and low in fat. These nutrients make pulses an important part of any healthy diet.

WHAT ARE PULSES?
Pulses are the edible dried seeds of legume crops. The name “pulses” comes from the Latin word “puls”, meaning thick soup or potage. Common pulses include:

- Dry peas
- Dry beans
- Lentils
- Chickpeas

Pulses do not include fresh green beans or peas. Soybeans and peanuts are related to pulses because they are also the edible seeds of podded plants, but they have a much higher fat content than pulses, which contain virtually no fat.

WHY SHOULD I EAT PULSES?

- Increase fibre intake
- Improve satiety
  ➢ Stronger feeling of being full for longer
- Lower blood lipids
- Lower blood sugar
- Lower blood pressure
- Lower risk of heart disease
- Lower risk of diabetes
- Lower risk of some types of cancer

HOW MANY PULSES SHOULD I EAT?
Interested in eating more pulses? Eat a ½ cup or 100 grams of beans, peas, lentils or chickpeas to improve nutrition and your overall diet quality. A ½ cup of pulses provides meaningful contributions to recommended daily intakes of many nutrients such as protein and fibre, and vitamins and minerals, like iron, potassium and folate.

For ideas on how to add pulses to any diet, see ‘Top 10 Ways To Eat Pulses’ on page 6.

TOP 10 Ways to Eat Pulses

1. Include ½ 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 puréed lentils to your spaghetti sauce instead of ground beef. This lowers the fat while adding fibre.
3. Add ¾ cup (125 ml) of lentils to quesadillas along with other fillings you enjoy.
4. Mix ½ 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 ¼ 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.

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. – Reprinted with permission from the Canadian Diabetes Association.
Pulses contribute to BETTER NUTRITION

All foods we eat are made up of nutrients like carbohydrates, protein, fat, vitamins and minerals. Eating pulses helps you get the right amount of each nutrient, which contributes to good health.

Pulses are high in protein, especially compared to other plant foods.

In fact, pulses have 2-3 times more protein than cereal grains like rice, corn and wheat. For example, you would have to eat 2 cups of rice or corn or 1 cup of quinoa to get the same amount of protein that is in ½ a cup of lentils.

Eating a variety of plant foods can provide you with high levels of good quality protein. Dishes that pair a pulse with a cereal grain like hummus with pita bread, beans with corn, or lentils with rice are great examples of traditional plant food partners that together are a source of quality protein.

Pulses are also high in the good types of carbohydrates - like fibre and healthy starches. These types of carbohydrates give you energy that lasts between meals, help with digestion, and keep your heart healthy. One cup of cooked pulses gives you more than half the amount of fibre you need for the entire day. You would have to eat 2 cups of bran flakes, 4 cups of oatmeal or 8 slices of whole wheat bread to get the same amount of fibre as is found in 1 cup of beans.

The chocolate brownies featured on page 36 use black bean flour and are a good example of how you can add fibre to your favourite dish or treat.

Pulses provide important vitamins and minerals with only small amounts of sugar and fat.

Iron, potassium and folate are just some of the essential vitamins and minerals that pulses provide. Pulses are also an excellent protein source for those living with celiac disease or gluten sensitivities.

Packed full of the protein, fibre, vitamins and minerals that you need to stay healthy, pulses are your partner for better nutrition.

Pulses contribute to HEALTHY OUTCOMES

Consuming pulses can help maintain good health.

Diets rich in pulses can help reduce the risk of certain diseases. In fact, diet recommendations from cancer, diabetes and heart health organizations all include pulses, and they are a key component of well-known diets like the Mediterranean diet.

The protein and fibre in pulses is good for weight management, because these nutrients make you feel fuller longer. The carbohydrates in pulses take longer to break down so they provide you with longer lasting energy. They also increase good bacteria in your digestive system, which helps aid healthy digestion.

Pulses help maintain healthy blood sugar levels, which can help prevent or manage diabetes.

Eating pulses does not cause blood sugar levels to rise as much as sugary or starchy foods that are low in fibre. Maintaining normal blood sugar levels reduces the risk of developing diabetes and helps people with diabetes avoid further health problems.

Pulses are a heart healthy food choice.

Pulses are low in saturated and trans fats and high in soluble fibre. Research has shown that eating pulses can lower cholesterol, reduce blood pressure and help with body weight management, which are all risk factors for heart disease.

Pulses contribute to ENVIRONMENTAL SUSTAINABILITY

You can have a positive impact on the environment every time you step into your kitchen or go to the grocery store – just eat pulses!

Pulses are a low carbon footprint food.

Greenhouse gas emissions from agriculture, in large part, come from nitrogen fertilizers. Pulses only require a small amount of fertilizer to grow, because they have a relationship with soil bacteria that convert the nitrogen in the air into a fertilizer that crops can use. This means that farmers need to add little or no nitrogen fertilizer to their pulse crop.

Pulses are a water-efficient source of protein.

They use ½ to ⅓ the amount of water that it takes to produce other sources of protein. Pulses can also help farmers adapt to climate change, because different types of pulses can be grown in almost any farming system - wet or dry, and in cold or hot regions of the world.

Just as pulses are full of nutrients that are good for humans, they are also good for the soil.

They produce different compounds that feed microorganisms in the ground. This process improves soil health, which benefits other crops that grow in rotation with pulses. After pulse crops are harvested, they leave behind nitrogen-rich crop residues that provide extra nutrients for the next crop that is grown, so crops like wheat often grow better when they are planted after a pulse crop.

Visit pulses.org for more information on pulses & to see pulse recipes from around the world
**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:**
- Brightly 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, but the longer a pulse is stored, the drier it becomes, which increases the cooking time.

Canned pulses are convenient, because they are ready-to-use. Always rinse and drain canned pulses before using to reduce any sodium added during the canning process. Canned pulses store well in cool, dry places and may be stored up to one year.

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 lay flat in freezer bags or small containers.

**SOAKING TIPS AND METHODS**

- Be sure to check all dry pulses before rinsing or soaking. Remove pulses with shredded 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 - just rinse before cooking.

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

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

**COOKING TIPS AND METHODS**

- Make sure your saucenpan 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 soak 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 number of factors, including age of the pulses, elevation, and water hardness. 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.
- Beans naturally have a toxic compound in them called phytotoxic hemagglutinin. 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.
- 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 1/8 teaspoon per 2 cups (0.5 ml per 500 ml) water.

**PULSE PURÉE**

Pulses 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 ½ cup (50 ml) water.
- Blend to make a smooth purée, with a consistency like canned pumpkin.
- If needed, add 1 additional tablespoon (15 ml) of water at a time.
- Purées can be frozen in plastic bags and kept for several months.

**COOKING METHODS & TIMES FOR DRY PULSES**

**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 most commonly available. Pulse flours can be used in a variety of recipes. They are a great ingredient to use in gluten-free recipes or to boost levels of fibre.

* The recipes in this book were developed using pulse flours from Best Cooking Pulses and Bob’s Red Mill.

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**COOKING METHODS & TIMES FOR DRY PULSES**

<table>
<thead>
<tr>
<th>Beans</th>
<th>Whole Peas</th>
<th>Split Peas</th>
<th>Whole Lentils</th>
<th>Split Lentils</th>
<th>Whole Chickpeas</th>
<th>Split Chickpeas</th>
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</thead>
<tbody>
<tr>
<td>Rinse</td>
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<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
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<td>Soak</td>
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<td>Yes</td>
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<td>No</td>
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<tr>
<td>Amount of water per 1 cup (250 ml) dry pulses</td>
<td>2½-3 cups (625 to 750 ml)</td>
<td>2½-3 cups (625 to 750 ml)</td>
<td>2 cups (500 ml)</td>
<td>2 cups (500 ml)</td>
<td>2 cups (625 to 750 ml)</td>
<td>2 cups (500 ml)</td>
</tr>
<tr>
<td>Cooking time</td>
<td>1½-1½ hrs</td>
<td>1½-2 hrs</td>
<td>45 min</td>
<td>10-30 min</td>
<td>5-15 min</td>
<td>1½-2 hrs</td>
</tr>
<tr>
<td>Pressure cook time (at 15 psi)</td>
<td>8-12 min</td>
<td>5-7 min</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>12-15 min</td>
</tr>
<tr>
<td>Yield from 1 cup (250 ml) dry pulses</td>
<td>2 cups (625 ml)</td>
<td>2 cups (625 ml)</td>
<td>2 cups (500 ml)</td>
<td>2 cups (500 ml)</td>
<td>2 cups (625 ml)</td>
<td>2 cups (500 ml)</td>
</tr>
</tbody>
</table>

* Pressure cooking 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.

**Benefits of using pulse flours:**

- You can create high protein, high fibre snacks using pulse and wheat flour blends
- Pulses are naturally gluten free
- Pulses are low in fat, and have no trans-fat.
- Pulses are easy to blend and incorporate into a range of recipe applications (sweet & savoury, cooking & baking)
- Pulses can enhance juiciness in meat applications, moisture content in baked goods, and crispiness in breadings
- Pulses can extend or substitute a portion of meat in a recipe, which may also increase juiciness

Pulse flours can be included in the following foods (to name a few):

- breads, cakes, muffins, cookies
- bagels, tortillas, crackers
- pastas and noodles
- sweet and savoury crusts
- blended meat dishes (meatloaf, meatballs, stuffing)
- soups and sauces
- extruded snacks
Celiac Disease is an inherited autoimmune disorder that affects 1.153* people. This digestive disease is triggered by the consumption of gluten - a protein found in wheat, rye and barley grains. When someone with celiac disease ingests gluten, the lining of the small intestine is damaged and important nutrients such as iron, calcium, vitamin D and folate cannot be absorbed. Gluten not only affects the gastrointestinal system but many other organ systems in the body. This can cause a wide range of symptoms that vary from one person to another. Some people can have numerous symptoms while others may only have a few symptoms.

Symptoms of celiac disease can include nausea, bloating, gas, abdominal pain, diarrhea or constipation (or both), lactose intolerance, weight loss, mouth ulcers, extreme fatigue, irritability, bone and joint pain, easy bruising of the skin, swelling of the ankles and hands, menstrual irregularities, elevated liver enzymes, migraine headaches, depression, ataxia (balance and coordination difficulties), neuropathy and a skin condition called dermatitis herpetiformis. Children may also have delayed growth, dental enamel defects and concentration and learning difficulties.

*According to the Canadian Celiac Health Survey

Unintreated celiac disease can lead to nutritional deficiencies including anemia and osteoporosis, infertility (in both women and men), miscarriage, development of other autoimmune disorders and intestinal cancer.

The only treatment for celiac disease is a strict gluten-free diet. All forms of wheat, barley and rye must be eliminated. This includes kamut, spelt, einkorn, emmer, faro, durum, triticale, semolina, bulgur and couscous, barley malt, barley malt extract, barley malt flavour, malt vinegar, as well as barley-based beer, ale and lager.

Gluten is found in a wide variety of foods such as breads and other baked goods, cereals, pastas, soups, prepared meats (e.g. luncheon meats, hot dogs, burgers, imitation seafood), sauces, salad dressings, seasonings, snack foods, flavoured coffees and herbal teas, candies (e.g. licorice, chocolates, chocolate bars), as well as some supplements and medications.

Many foods are naturally gluten-free including plain meat, fish, eggs, nuts, seeds, pulses; milk, yogurt, cheese, vegetables and fruits. A variety of gluten-free grains, flours and starches can be substituted for wheat, rye and barley. When someone with celiac disease ingests gluten, the lining of the small intestine is damaged and important nutrients cannot be absorbed. Gluten not only affects the gastrointestinal system but many other organ systems in the body. This can cause a wide range of symptoms that vary from one person to another. Some people can have numerous symptoms while others may only have a few symptoms.

GLUTEN SENSITIVITY

Some individuals may be sensitive to gluten but do not have celiac disease. This is referred to as gluten sensitivity or non-celiac gluten sensitivity (GS). Unlike celiac disease, GS is not an autoimmune disorder nor does it cause damage to the small intestine. However, symptoms are highly variable and may often be similar to celiac disease making diagnosis a challenge.

The treatment for GS is also a gluten-free diet. Further research about GS is needed in order to better understand the condition and its management.

THE GLUTEN-FREE DIET

Many foods are naturally gluten-free including plain meat, poultry, fish, eggs, nuts, seeds, pulses; milk, yogurt, cheese, vegetables and fruits. At a variety of gluten-free grains, flours and starches can be substituted for wheat, rye and barley.

A growing number of gluten-free ready-to-eat baked products, baking mixes and flours, hot and cold cereals, crackers, snack foods, entrees, soups, pastas, sauces and snack bars can be found in health food and grocery stores, as well as from online retailers.

Many gluten-free products are made with refined flours and starches such as white rice flour, tapioca flour, potato starch and cornstarch. These are low in fibre, protein, iron, B vitamins and other nutrients. Also, these products are not usually enriched with vitamins and minerals like gluten-containing baked items, cereals, pastas and flours. Gluten-free products are also often higher in sugar, fat and calories. Adding pulses can boost the nutritional quality of gluten-free foods. Pulses are rich in fibre, protein, vitamins and minerals, and are low in fat - the perfect addition to the gluten-free diet! See how pulses and pulse flours compare to rice flours in the table below.

Pulses are naturally gluten-free, making them the perfect addition to the diets of people with celiac disease.

<table>
<thead>
<tr>
<th>Nutrients</th>
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<th>Black Beans</th>
<th>Navy Beans</th>
<th>Chickpea / Garbanzo Beans</th>
<th>White Lentils</th>
<th>Dehulled Split Yellow Peas</th>
<th>White Rice (Enriched)</th>
<th>Brown Rice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>g</td>
<td>15.2</td>
<td>15.0</td>
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<td>17.9</td>
<td>16.4</td>
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<tr>
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*Dehulled: the outer layer (hull) is removed

NUTRITION & THE GLUTEN-FREE DIET

Many gluten-free products are made with refined flours and starches such as white rice flour, tapioca flour, potato starch and cornstarch. These are low in fibre, protein, iron, B vitamins and other nutrients. Also, these products are not usually enriched with vitamins and minerals like gluten-containing baked items, cereals, pastas and flours. Gluten-free products are also often higher in sugar, fat and calories. Adding pulses can boost the nutritional quality of gluten-free foods. Pulses are rich in fibre, protein, vitamins and minerals, and are low in fat - the perfect addition to the gluten-free diet! See how pulses and pulse flours compare to rice flours in the table below.

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<td>Niacin (B3)</td>
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**Gluten-Free Baking Tips**

- To measure flour, whisk it in the canister a few times to aerate it and then lightly spoon it into a measuring cup before leveling it off with a knife. Don’t use the measuring cup as a scoop; you’ll get up to 20% more flour in the recipe which can result in dry baked items.

- To avoid cross-contamination with other gluten-containing grains and flours, buy gluten-free flours and pulses in sealed packages rather than in bulk bins. We used flours from Best Cooking Pulses and Bob’s Red Mill to develop the recipes in this booklet.

- To replace unsalted butter with dairy-free margarine or buttery spread – both contain salt – you may need to reduce the salt in the recipe by 25%. Be sure to read the labels to make sure these dairy substitutes are appropriate for your diet.

- Although low-calorie margarines or buttery spreads may be used in cooking, they are not appropriate for baking because their higher water content can upset the balance between liquid and dry ingredients.

- Many gluten-free baked good recipes call for more than one type of flour. The reason for this is because different gluten-free flours have different ratios of proteins and starches, not to mention flavours. Combining flours helps produce optimal end products in texture and taste.

- When baking gluten-free breads and rolls, it is important to use pans with sides or walls. This helps to keep the ‘normal’ shape of breads or rolls made without gluten. Gluten normally helps form and keep the classic round shapes of bread loaves and buns. Without the walls on the pan, the gluten-free bread or rolls you are attempting to make will most likely fall flat. Nonstick (gray, not black) metal pans are best for breads, muffins, cakes and cupcakes.

- Some recipes call for the batter to sit for 10-20 minutes. The reason for doing this is to give the baking powder/soda a chance to rise.

- Xanthan gum is a very common ingredient in gluten-free baking. Make sure to follow amounts listed exactly, as using too much could lead to chewier, denser products, while using too little could result in a crumbly product.

**Using Pulses in Gluten-Free Baked Recipes**

- Using pulses and pulse flours in baking can boost the protein, fibre and vitamin and mineral content of foods.

- The high protein content of pulses improves the texture of baked goods.

- The high fibre content and moisture from pulses extends the shelf life of baked goods.

- Baked goods may be heavier and more dense when made with pulses, while crusts are smoother and remain fresher for a longer time.

**Benefits of Baking with Pulses:**

- More varied in texture and taste.
- Adds a nutritional boost.
- Improves protein and fibre content.
- Extends shelf life.
- Improves the texture of baked goods.

**Gluten-Free Baking Tips**

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### Recipe Notes
These recipes have been tested to make sure they will 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 and full of nutrients! If you would like more recipes or more information on pulses, visit pulses.org.

### Look for these symbols in the recipes that follow
- **VC** Vegetarian Choice
- **GF** Gluten Friendly
- **HF** High Fibre (4 grams or more per serving)

---

Percent daily values (DV) are based on a 2,000 calorie diet. Recipe analyses use ¼ tsp salt when specific measurements are not included. Optional ingredients are not included in the analysis.
**Pina Colada White Bean Smoothie**

**Servings:** 4-6  
**Total preparation time:** 5 minutes

- 2 cups (500 ml) pineapple juice
- 1 can (400 ml) light coconut milk
- ½ cup (125 ml) mashed ripe banana
- 1½ cups (375 ml) crushed ice
- ½ cup (125 ml) vanilla Greek yogurt, fat free
- 2 tbsp (30 ml) honey
- 1 tbsp (15 ml) fresh lime juice
- 1 cup (250 ml) cooked white beans, rinsed well

1) Place all ingredients into a blender and puree until smooth.  
2) Pour into glasses, garnish with a slice of lime and serve immediately.

**Nutrients Per Serving**  
1 cup (250 ml)  
- Calories: 179 kcal  
- Total Fat: 6 g  
- Saturated Fat: 3 g  
- Cholesterol: 1 mg  
- Carbohydrates: 28 g  
- Fiber: 3.8 g  
- Sugar: 17 g  
- Protein: 6 g  
- Sodium: 8 mg  
- Potassium: 424 mg

**Note:** The sweetness, acidity and texture can be adjusted by adding more or less of the honey, banana, lime juice and ice. Be sure to rinse the cooked beans under water to keep their flavour neutral. If the smoothie sits for a long period of time it will separate. If this occurs, blend it quickly before serving.

**Green Lentil Power Smoothie**

**Servings:** 4-6

- ½ medium cucumber, chopped
- 1 cup (250 ml) chopped kale, spines removed
- ¾ cup (185 ml) cooked green or red lentils
- 1 whole apple, cored and chopped
- 1 medium banana, peeled and chopped
- ½ cup (125 ml) cold water
- ½ cup (190 ml) crushed ice
- ½ cup (125 ml) vanilla Greek yogurt
- 3 tbsp (45 ml) honey
- 3 tbsp (45 ml) lemon juice
- 2 tsp (10 ml) spirulina powder (optional)

1) Place all ingredients into a blender and puree until smooth.  
2) Scrape down sides and blend again. Serve immediately.

**Nutrients Per Serving**  
1 cup (250 ml)  
- Calories: 140 kcal  
- Total Fat: 2 g  
- Saturated Fat: 1.5 g  
- Cholesterol: 5 mg  
- Carbohydrates: 27 g  
- Fiber: 4 g  
- Sugar: 16 g  
- Protein: 5 g  
- Sodium: 20 mg  
- Potassium: 273 mg

**Did you know?**  
Rinsing and draining canned pulses may reduce sodium content by 40%.

**Citrus Berry Shake with Lentils**

**Servings:** 4-6

- 2 cups (500 ml) ripe strawberries, chopped
- 1½ cups (375 ml) ripe blueberries
- 1 cup (250 ml) cooked red or green lentils
- 1½ cups (375 ml) crushed ice
- ¾ cup (190 ml) plain Greek yogurt
- 3 tbsp (45 ml) lemon juice
- 3 tbsp (45 ml) honey
- 2 tsp (10 ml) vanilla extract

1) Place all ingredients into the blender and purée until delightfully smooth. Garnish with blueberries.

**Tip:** The pectin from the berries will thicken the shake the longer it sits. Plan to drink your shake soon after making it or simply add a little water to thin it out.

**Nutrients Per Serving**  
1 cup (250 ml)  
- Calories: 220 kcal  
- Total Fat: 5 g  
- Saturated Fat: 3.5 g  
- Cholesterol: 10 mg  
- Carbohydrates: 38 g  
- Fiber: 8 g  
- Sugar: 23 g  
- Protein: 8 g  
- Sodium: 15 mg  
- Potassium: 125 mg

Recipe is from lentils.ca
Roasted Chickpea Snack
Serves 8 (200 g)
4 cups (1 L) cooked chickpeas
2-19 oz cans (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 evenly. Bake for 30 minutes. Stir.
3) Bake another 20 minutes, stirring every 5 minutes. Adjust the heat and baking time as needed. Some ovens may run hotter than others.
4) Bake for an additional 10 minutes if needed.

Text-Mex Bean Bites
Makes 24 regular bites (720 g)
6 large flour tortillas
1-19 oz can (540 ml) black kidney, black OR pinto beans, rinsed & drained
1 cup (250 ml) chunky medium salsa
½ tsp (2 ml) chili powder (optional)
1 cup (250 ml) low-fat cheese, shredded
Sour cream (optional)

1) Preheat oven to 350°F (180°C).
2) Using a 4-inch (10 cm) cookie cutter, cut 4 rounds into each flour tortilla. Alternatively, use a 3-inch (7.5 cm) cookie cutter to make 7 rounds for mini muffin cups. Place 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 for 12-15 minutes, until light golden and crisp (these can be made 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 1-⅓ tbsp (20-30 ml) filling into the tortilla cups. For mini-muffin (7.5 ml) into mini-cups.
6) Place the cups on a baking sheet and bake for 8-10 minutes. If the tortillas are not soft enough, carefully microwave the rounds for 15 seconds or lightly brush one side with water.
7) Serve warm with a dollop of light sour cream.

Chickpea Hummus
Serves 20 (600 g)
2 cups (500 ml) cooked chickpeas
2 garlic cloves
⅓ cup (75 ml) water
1 tsp (5 ml) salt

1) Place chickpeas in a blender or food processor with garlic, lemon juice, oil, cumin and salt.
2) Purée, adding just enough water to make the mixture creamy and smooth. Use more than ⅓ cup water if needed.
3) Add hot pepper sauce to your liking.
4) Serve in a bowl with pita cut into wedges.

Five-Minute Dips
Serves 16 (480 g)
1-19 oz can (540 ml) black or navy beans*, rinsed & drained
⅓ cup (125 ml) fat-free ranch dressing
½ tsp (2 ml) hot pepper sauce
2 garlic cloves

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

Nutrients Per Serving
For 2 tbsp (28 g)
Calories 36 kcal
Protein 2 g
Fat 0 g
Carbohydrates 8 g
Sodium 12 mg
Calcium 13 mg
Iron 0 mg
Folate 37 mcg

For 1 regular bite (30 g)
Calories 94 kcal
Protein 4 g
Fat 2 g
Carbohydrates 14 g
Sodium 203 mg
Calcium 27 mg
Iron 1 mg
Folate 23 mcg

For 1 tsp (5 ml)
Calories 4 kcal
Protein 0 g
Fat 0 g
Carbohydrates 0 g
Sodium 1 mg
Calcium 1 mg
Iron 0 mg
Folate 1 mcg

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

Preparation time: 5 minutes  /  Cooling time: None
Preparation time: 10 minutes + 10 minutes
Preparation time: 15 minutes + 10 minutes
Preparation time: 10 minutes + 10 minutes
**Yellow Split Pea Soup**

Makes 1.5 litres

1 tbsp (15 ml) canola oil
1 large onion, chopped
2 carrots, diced
3 celery stalks, diced
3 cups (750 ml) green cabbage, shredded
3 cups (750 ml) beans, 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
½ 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

*Nutrients Per Serving (1 cup (250 ml))

- Calories 24 kcal
- Fat 1 g
- Saturated Fat 0 g
- Cholesterol 0 mg
- Sodium 1 mg
- Potassium 25 mg
- Carbohydrates 4 g
- Dietary Fiber 1 g
- Total Sugar 1 g
- Protein 0 g

* Gluten friendly if you use gluten-free broth

1) Sauté onion and garlic in 1 tbsp (15 ml) 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 beans and stock and cook about 1 hour or until beans are slightly tender.
3) Add onions and garlic, beans, tomato juice, lemon juice, pepper and parsley or dill.
4) Bring to a boil. Serve.

**Butter & Bean Borsch**

Makes 4 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
½ 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

*Nutrients Per Serving (1 cup (250 ml))

- Calories 111 kcal
- Fat 7 g
- Saturated Fat 0 g
- Cholesterol 0 mg
- Sodium 8 mg
- Potassium 38 mg
- Carbohydrates 23 g
- Dietary Fiber 5 g
- Total Sugar 1 g
- Protein 1 g

* Gluten friendly if you use gluten-free broth

1) Sauté onion and garlic in 3 tbsp (45 ml) 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.
4) Bring to a boil. Serve.

**Thick & Hearty Red Lentil Soup**

Makes 4 litres

2 cups (500 ml) whole red lentils
½ cup (80 ml) pot barley, dried
10 cups (2.5 L) reduced sodium beef broth
1 lb (454 g) lean ground beef
1 large onion, chopped
2 carrots, chopped
2 large celery stalks, chopped
garlic cloves, diced
1-19 oz can (798 ml) diced tomatoes
½ tsp (2 ml) salt
½ 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. Heat and simmer for 3 minutes. Add beets, tomatoes, cabbage, 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!

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

**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 tsp (15 ml) thyme leaves, finely chopped
1 bay leaf
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 vegetable broth
1 tsp (15 ml) pepper

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. Add cooked pasta and enjoy!
Zesty Gazpacho
Makes 6 portions
1½ cups (375 ml) tomato juice
1½ cups (375 ml) chopped ripe tomato
1 cup (250 ml) cooked whole lentils
1 cup (250 ml) chopped red bell pepper
1 cup (250 ml) chopped cucumber
1 tbsp (15 ml) chopped jalapeno pepper
2 tbsp (30 ml) chopped shallot
2 tbsp (30 ml) lemon juice
2 tbsp (30 ml) canola oil
2 tsp (10 ml) chopped garlic
2 tsp (10 ml) hot sauce
to taste; sea salt
1) Place all ingredients except the salt in a blender and process until smooth in consistency.
2) Season to taste with salt and reserve in the fridge for 2-4 hours. (optional)
3) Before serving, season with salt and hot pepper if needed.
4) Garnish each bowl with a dollop of sour cream and fresh cilantro (optional).

Nutrients Per Serving
Per 2/3 cup (100 g)
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%

Greek Lentil Salad
Serves 10 (1 kg)
1-19 oz can (540 ml) lentils, rinsed and drained
½ cup (125 ml) kalamata olives
½ cup (125 ml) onion, chopped
½ cups (375 ml) grape tomatoes, halved
½ cup (125 ml) green peppers, chopped
1 cup (250 ml) cucumber, diced
½ cup (60 ml) feta cheese, crumbled
½ cup (60 ml) fresh parsley, chopped
½ cup (60 ml) olive oil
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.

Note: Gluten friendly if you use gluten free pasta.
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.

Nutrients Per Serving
Per 1 cup (140 g)
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%

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

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
1 cup (250 ml) cucumber, diced
1 cup (250 ml) red bell pepper, chopped
1 cup (250 ml) green peppers, finely chopped
½ cup (60 ml) feta cheese, crumbled
¼ cup (60 ml) lemon juice
1 tsp (5 ml) ground cumin
1 tsp (5 ml) cumin powder
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.

Note: Pasta mixture can be made a day in advance.
Keep in fridge overnight and toss salad with dressing before serving.

Nutrients Per Serving
Per 1 cup (140 g)
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%

Black Bean & 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
½ cup (50 ml) lime juice
1 tbsp (15 ml) dried oregano
1) Combine all ingredients in a large bowl. Serve.

Note: Pasta mixture can be made a day in advance.
Keep in fridge overnight and toss salad with dressing before serving.

This salad packs 5 grams of fibre per serving.

Recipe is from lentils.ca

Preparation time: 20 minutes  /  Cooking time: None
Preparation time: 25 minutes  /  Cooking time: None
Preparation time: 25 minutes  /  Cooking time: None
Preparation time: 20 minutes  /  Cooking time: None
Mixed Pulse Salad with Cider Maple Vinaigrette

Serves 8-10 (8 cups prepared)
Preparation time: 10 minutes Total time: 20 minutes

1 cup (250 ml) cooked black beans
1 cup (250 ml) cooked green lentils
1 cup (250 ml) cooked chickpeas
1 ½ cups (375 ml) cooked pearl barley
2 cups (500 ml) baby arugula (or spinach)
1 ½ cups (375 ml) diced red bell pepper
½ cup (125 ml) dried cranberries, chopped
2 tbsp (30 ml) finely sliced green onion

VINAIGRETTE
¾ cup (60 ml) apple cider vinegar
¾ cup (60 ml) canola oil
2 tbsp (30 ml) maple syrup
1 tbsp (15 ml) whole grain mustard
to taste; cracked black pepper

Preparation:
1) Toss prepared pulses, barley, arugula, pepper, cranberries and onion together in a large bowl.
2) Whisk all vinaigrette ingredients in a small bowl until fully combined.
3) Toss the prepared vinaigrette with the salad. Season with salt and ground black pepper to taste.
4) Garnish with toasted sunflower seeds and enjoy.

Did you know?
Canadian pulse crops are not genetically modified.

Quinoa & Lentil Salad Wraps
Serves 1 ½ (1.82 kg)
2 cups (500 ml) cooked quinoa
1 cup (250 ml) cooked whole red or green lentils
1 whole large red bell pepper, diced
¾ head small radicchio, thinly sliced
½ cup (60 ml) toasted pumpkin seeds
¼ cup (60 ml) seasoned rice wine vinegar
2 tbsp (30 ml) chopped fresh cilantro
2 tbsp (30 ml) lemon juice
1 tbsp (15 ml) olive oil
2 tsp (10 ml) whole grain mustard
½ head iceberg lettuce, leaves separated

Recipe is from lentils.ca

Preparation:
1) Place all ingredients (minus the lettuce) in a bowl and combine.
2) Fill the lettuce leaves with the salad as you eat and enjoy.

Green Split Pea Salad with Rice & Cranberries
Serves 4-6
1 cup (250 ml) cooked brown rice
1 cup (250 ml) cooked green split peas
¼ cup (125 ml) red onion, minced
½ cup (60 ml) dried cranberries
¼ cup (60 ml) toasted sunflower seeds (optional)

DRESSING
1 tbsp (15 ml) canola oil
1 tsp. (5 ml) sesame oil
2 tbsp (30 ml) white wine vinegar
¼ tsp. (1 ml) dried tarragon
to taste; cracked black pepper

Recipe is from pulse.ab.ca

Preparation:
1) Cook rice and split green peas according to package directions, drain, and rinse.
2) Place the rice in a large bowl. Add split green peas, minced onion, cranberries and walnuts (optional).
3) Make the salad dressing and pour over the salad. Serve on a bed of lettuce as an option.

Nutrients Per Serving
Per 1 cup (250 ml)
Calories 261
Fat 10 g
Saturated Fat 1 g
Cholesterol 0 mg
Carbohydrates 35 g
Fibre 8 g
Sugar 11 mg
Protein 7 g
Sodium 274 mg

Nutrients Per Serving
Per ½ cup (190 ml)
Calories 179 kcal
Fat 6 g
Saturated Fat 1 g
Cholesterol 0 mg
Carbohydrates 20 g
Fibre 4 g
Sugar 6 g
Protein 3 g
Sodium 17 mg
Crêpes
Makes six 8-inch crêpes

1 egg
• ⅛ cup (125 ml) milk of choice
1 tsp (5 ml) canola oil
1 tbsp (15 ml) parsley, chopped
Pinch salt and pepper

1) In medium bowl, whisk egg, milk, canola oil, parsley, salt and pepper.
2) Add the chickpea flour to the egg and milk mixture and whisk until smooth with no lumps.
3) Heat an 8-inch non-stick crêpe pan over medium heat and lightly grease. Using a ¼ cup (50 ml) measure, scoop batter into hot pan and quickly tilt the pan using a circular motion so that the batter spreads evenly on the surface and the bottom is light brown. Loosen with a spatula, turn and cook the other side. Can be served plain or with various toppings—cream cheese and smoked salmon are delicious.
4) Cook the crêpe for about 30 seconds, until bubbles show on the surface and the bottom is light brown. Loosen with a spatula, turn and cook the other side. Can be served plain or with various toppings—cream cheese and smoked salmon are delicious on this crêpe!

Mexicana Chili
Serves 12 (3.5 kg)

1 lb (454 g) lean ground beef
1 small onion, chopped
2 garlic cloves, minced
1-28 oz can (796 ml) diced tomatoes
½ 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
⅓ 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 cinnamon.
1 tsp (5 ml) vanilla and ¼ tsp (1 ml) ground cloves

1) Preheat oven to 375°F (190°C). Place racks in bottom and middle positions of oven. Preheat oven to 400°F (205°C). Dissolve yeast and sugar in warm milk for 5 minutes. Generously grease a 12-inch non-stick metal pizza pan.
2) In a medium bowl, whisk together white bean flour, tapioca flour, ground cinnamon, salt and pepper, and next 5 ingredients (beans through cumin). Add yeast-milk mixture and whisk in 1 tsp (5 ml) ground cloves. Blend mixture; top with tomato and spinach.
3) Mash beans with a fork; combine beans and next 5 ingredients (beans through cumin) in medium bowl, stirring to blend. Bake another 15 to 20 minutes on the middle rack or until top is nicely browned. Cut in 6 wedges and serve immediately.
4) Bake pizza crust for 10 minutes on the bottom rack. Remove from oven and add sauce and toppings. Bake another 15 to 20 minutes on the middle rack or until top is nicely browned. Cut in 6 wedges and serve immediately.

Gluten-Free Pizza Crust
Makes 1 crust (6 slices)

1 tsp (5 ml) quick-rising yeast
1 cup (230 ml) warm milk
(110°F/43°C) of choice
2 tsp (10 ml) sugar
½ cup (165 ml) white bean flour*
½ cup (80 ml) tapioca flour*
2 tsp (10 ml) xanthan gum

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) Mash beans with a fork; combine beans and next 5 ingredients (beans through cumin) in medium bowl, stirring to blend. Blend mixture; top with tomato and spinach.
4) Bake pizza crust for 10 minutes on the bottom rack. Remove from oven and add sauce and toppings. Bake another 15 to 20 minutes on the middle rack or until top is nicely browned. Cut in 6 wedges and serve immediately.
5) Bake at 375°F (180°C) for 15 minutes or until crust is lightly browned. Garnish with parsley.

Black Bean Pizza
1 purchased thin pizza crust (12'-14'-30.5 cm in diameter)
OR GF Pizza Crust to the left.
1½ cups (300 ml) canned black beans OR 1-14 oz can (398 ml) black beans, rinsed and drained
½ tsp (2 ml) hot sauce
½ cup (165 ml) chopped onion
1 tsp (5 ml) cumin
1 tsp (5 ml) chili powder
1 garlic clove, minced
¼ cup (125 ml) salsa
1 tomato, diced
¼ of a 10-ounce package frozen chopped spinach, thawed, drained, and squeezed dry
2 tbsp (30 ml) fresh parsley (or cilantro), chopped
¼ cup (125 ml) cheddar cheese, shredded
¼ cup (125 ml) Monterey Jack cheese, shredded

1) Place racks in bottom and middle positions of oven. Preheat oven to 400°F (205°C). Dissolve yeast and sugar in warm milk for 5 minutes. Generously grease a 12-inch non-stick metal pizza pan.
2) In a medium bowl, whisk together white bean flour, tapioca flour, ground cinnamon, salt and Italian seasoning. Add yeast-milk mixture and oil and beat with an electric mixer on medium-low until thoroughly blended. Dough will be very soft and sticky.
3) Place the dough on the pan and liberally sprinkle with rice flour. Press dough on the pan with hands, continuing to dust dough with flour to prevent sticking. Make edges thicker to contain toppings.
4) Bake pizza crust for 10 minutes on the bottom rack. Remove from oven and add sauce and toppings. Bake another 15 to 20 minutes on the middle rack or until top is nicely browned. Cut in 6 wedges and serve immediately.

*Refer to pages 23 on how to correctly measure flour.
**Chunky Tomato Sauce with Lentils**

Serves 8-10

- 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
- ½ cups (375 ml) dry short tube pasta (tubetti)
- 1 tbsp (15 ml) Worcestershire sauce
- 1 medium Polish sausage, cooked (optional)

**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)

**Gluten-Free Shake & Bake**

Makes 1 cup. Use for coating vegetables, chicken, minute steaks or fish fillets before frying or baking to get a crisp, crunchy texture.

- ½ cup (125 ml) *white beans flour or chickpeas (garbanzo) flour
- ½ cup (125 ml) *crushed gluten-free corn flakes or bread crumbs
- 1 tsp (5 ml) sea salt
- 1 tsp (5 ml) celery salt
- 1 tsp (5 ml) dried parsley flakes
- ½ tsp (2 ml) sugar
- ½ tsp (2 ml) onion powder
- ½ tsp (2 ml) garlic powder
- ¼ tsp (1 ml) paprika
- ¼ tsp (1 ml) freshly ground black pepper

**Did you know?**

In the 18th century, coated chickpeas were said to be a substitute for coffee in Europe.

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

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**Nutrients Per Serving**

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**Preparation**

- 4)  Serve on top of a bed of quinoa,
- 3)  Deglaze by stirring in red wine,
- 2)  In a large pot sauté the onions in oil to taste salt and ground black pepper,
- 1)  Boil soaked beans for 10-12 minutes.

---

**Chicken & Chickpea Stew**

Serves 13 (1 cup (250g))

- 1 tsp (5 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
- ½ cups (375 ml) dry short tube pasta (tubetti)

---

**Preparation**

- 4)  Serve on top of a bed of quinoa,
- 3)  In a medium bowl, combine broth, spaghetti sauce, chickpeas, kidney beans, pasta, pepper and bring to a boil,
- 2)  Add broth, spaghetti sauce, chickpeas, kidney beans, pasta, pepper and bring to a boil,
- 1)  Crush the cornflakes or bread crumbs

---

**Note:** Dish is gluten-free when you use gluten-free brands.
Preparation time 10 minutes / Cooking time 10-45 minutes

Lazagna
Serves 8

1 cup (250 ml) low-fat cheddar cheese
2 cups (500 ml) cottage cheese
1 1/2 cups (375 ml) onion, diced
1 egg, beaten
1/4 cup (60 ml) green onion, diced

3) In a bowl combine potatoes, bean purée and Cheddar cheese.
4) Place lasagna noodles on the pan bottom. Spread bean mixture
5) In a skillet, sauté onion in margarine
6) Cover with foil and bake on middle
7) Repeat noodles to mozzarella layer.
8) Cool for 10 min, covered, before

Meatloaf
Serves 4

1 can (8 oz) tomato sauce
1/2 cup (60 ml) brown sugar
1 tsp (5 ml) oregano
1 cup (250 ml) brown rice, cooked
1 small onion, chopped
2 green onions, chopped
1 1/2 cups (375 ml) onion, diced
1/2 tsp (2 ml) ground oregano
1/2 tsp (2 ml) salt
1 egg, slightly beaten
1 can (19 oz) black beans
1/2 cup (50 ml) tomato paste
3 cups (750 ml) water

Black Bean Burgers
Serves 4

1 egg
1/2 tsp (2 ml) chili powder
1/2 tsp (2 ml) dry mustard
1/4 tsp (1 ml) black pepper
1/2 tsp (2 ml) herb salt

Bean Lasagna
Serves 8

2 cups (500 ml) cooked red kidney beans OR
1 19 oz can (540 ml) black beans, rinsed and drained
1 1-can (19 oz) black beans
2 cups (500 ml) tomato sauce
3 cups (750 ml) water
Recipe is from pulse.ab.ca

Ocean Perch with Citrus Lentil Herb Sauce
Serves 8
1 cup (175 ml) chopped fresh cilantro
1 cup (175 ml) chopped fresh parsley
1 cup (250 ml) canola oil
1 cup (250 ml) cooked red lentils
2 tsp (5 ml) minced garlic
¼ cup (60 ml) lemon juice
1 whole jalapeño pepper
2 tsp (10 ml) olive oil
1 tbsp (15 ml) rice vinegar
¼ cup (60 ml) white wine
Salt to taste
Ground black pepper to taste

Garlic & Herb Whipped Potatoes with White Kidney Beans
Serves 6-8
5 cups (1.25 L) medium diced white potatoes (skin removed)
1 tbsp (15 ml) unsalted butter
3 cloves minced garlic
½ cup (125 ml) 2% milk
5 cups (1.25 L) medium diced white potatoes
1 tbsp (15 ml) olive oil
Salt to taste
Garlic & herb sauce

Three Bean Bake
Serves 12 (3.68 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) reduced sodium soy sauce
½ tsp (2 ml) ground ginger
Peach chili powder (optional)

Prepare the milk and bean mixture by sautéing the chopped garlic and cook by cutting one in half. Place the tray in the model and bake until completely cooked and slightly golden on top.

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!

Nutrients Per Serving
Per 2/3 cup (140 g)

Refried Pinto Beans
Serves 3 (450 g)
1 tbsp (15 ml) canola oil
½ small onion, chopped
2 garlic cloves, minced
1 tsp (5 ml) chili powder
1/4 cup (67 ml) cooked pinto beans OR
1-14 oz can (398 ml) pinto beans, rinsed and drained
¼ cup (150 ml) low-sodium vegetable or chicken broth
Dash both salt and pepper
½ cup (60 ml) chopped cilantro

1) Preheat the oven to 375°F.
2) Combine ingredients (except the fish) in a food processor and process until smooth. Season to taste with salt and pepper.
3) On a greased baking tray gently spoon the sauce on one side of the fillets and then turn to coat the other side. Place the tray in the oven and bake until fully cooked (approximately 20 minutes) and slightly golden on top.
4) Serve with your favourite sides and enjoy.

Recipe is from pulse.ab.ca

Preparation time 15 minutes / Total time 35 minutes
Preparation time 30 minutes / Cooking time 15 minutes
Preparation time 25 minutes / Cooking time 1 hour 30 minutes
Preparation time 5 minutes / Cooking time 10 minutes

Nutrients Per Serving
Per 2/3 cup (140 g)

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

Nutrients Per Serving
Per 1 fillet (1/4 cup)

33. Mains & Accompaniments
Mains & Accompaniments 34.
**Cornbread**

Makes 9 servings

1 cup (250 ml) gluten-free cornmeal
½ cup (125 ml) white bean flour
⅓ cup (80 ml) brown rice flour blend (see page 14)
⅓ cup (80 ml) brown rice flour blend
2 tsp (10 ml) xanthan gum
⅛ tsp (dash) baking soda
⅝ tsp (2 ml) table salt
½ tsp (2 ml) xanthan gum
1 tsp (5 ml) baking powder
⅓ cup (80 ml) sugar
⅓ cup (80 ml) brown rice flour blend
1 cup (250 ml) gluten-free cornmeal

**Baked Biscuits**

Makes 15 servings (600 g)

1 ½ cups (425 ml) all-purpose flour
1 ⅓ cups (315 ml) 1% milk
1 ¾ cups (425 ml) all-purpose flour
1 ¼ cups (325 ml) 1% milk

**Nutrients Per Serving**

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**Brownies**

Makes 16 servings

**Nutrients Per Serving**

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1) Place a rack in the middle of the oven. Preheat the oven to 350°F (180°C).
2) In a microwave-safe mixing bowl, heat the butter and chocolate chips on low power until the chips are melted. Stir until blended, then beat in the sugar with an electric mixer on low speed. Mix in the eggs, one at a time, until well blended.
3) In a small bowl, whisk together the beans and chocolate chips until well blended and then gradually beat it into the chocolate mixture on medium-low speed until no flour is visible. Stir in the nuts (if desired). Spread the batter in the pan with a spatula. This batter is very thick.
4) Bake until the brownies feel firm to the touch, about 30 to 35 minutes. Do not over-bake. Cool the brownies in the pan on a wire rack for 10 minutes. Use the parchment paper to transfer the brownies from the pan to the wire rack to finish cooling. Remove the parchment and cut into 16 squares.

**Black Bean Brownies**

Makes 16 servings

**Nutrients Per Serving**

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**Black Bean Brownies**

Makes 16 servings

**Nutrients Per Serving**

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Pumpernickel Bread
Makes 12 servings (1 slice)

1 cup (250 ml) fresh or canned pumpkin purée (not pumpkin pie filling)
½ cup (125 ml) brown rice flour blend
1 tsp (5 ml) xanthan gum
1 tsp (5 ml) baking powder
1 tsp (5 ml) cinnamon
1 tsp (5 ml) vanilla extract
1 tsp (5 ml) ground nutmeg
2 large eggs, room temperature
½ cup (125 ml) canola oil
2 large very-ripe bananas, mashed
1 tsp (5 ml) vanilla
1 tsp (5 ml) ground nutmeg
1/3 of mini loaf
Makes 12 servings (1 slice)

1 tsp (5 ml) table salt
\[\text{Blueberry Lemon Quick Bread} \]

Makes 12 servings

1 tsp (5 ml) table salt
\[\text{Pumpkin Bread} \]

Makes 12 servings

1 cup (250 ml) milk of choice, 1/2 cup (125 ml) canola oil
1 tsp (5 ml) xanthan gum
1 tsp (5 ml) baking powder
1 tsp (5 ml) cinnamon
1 tsp (5 ml) vanilla extract
1 tsp (5 ml) ground nutmeg
2 large eggs, room temperature
½ cup (125 ml) canola oil
2 large very-ripe bananas, mashed
1 tsp (5 ml) vanilla
1 tsp (5 ml) ground nutmeg
1/3 of mini loaf

1 tsp (5 ml) table salt
\[\text{Banana Bread Mini Loaves} \]

Makes 12 servings

1 tsp (5 ml) table salt
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Preparation time: 2 hours / Baking time: 55–60 minutes

Preparation time: 15 minutes / Baking time: 1 hour

Preparation time: 10 minutes / Baking time: 55–60 minutes

Preparation time: 10 minutes / Baking time: 55–60 minutes

Preparation time: 15 minutes / Baking time: 2 hours

Preparation time: 15 minutes / Baking time: 55–60 minutes

Preparation time: 10 minutes / Baking time: 55–60 minutes

Preparation time: 10 minutes / Baking time: 35–40 minutes

Preparation time: 10 minutes / Baking time: 55–60 minutes

Preparation time: 15 minutes / Baking time: 2 hours

Preparation time: 10 minutes / Baking time: 35–40 minutes

Preparation time: 10 minutes / Baking time: 55–60 minutes

Preparation time: 10 minutes / Baking time: 35–40 minutes

Preparation time: 10 minutes / Baking time: 35–40 minutes
Savoury Mediterranean Muffins
Makes 12 servings
1 cup (250 ml) yellow pea flour
1 cup (250 ml) brown rice flour blend (see page 14)
¾ cup (185 ml) yellow pea flour
1 tsp (5 ml) xanthan gum
2 tbsp (30 ml) dried mixed onion
1 tbsp (15 ml) grated parmesan cheese or substitute of choice
2 tsp (10 ml) dried oregano
1 tsp (5 ml) dried mint
1 tsp (5 ml) garlic powder
¾ cup (185 ml) brown rice flour
1 cup (250 ml) white bean flour
1¼ tsp (7 ml) xanthan gum
1 tsp (5 ml) baking powder
2 tsp (10 ml) sugar
1 cup (250 ml) lemon juice
½ cup (125 ml) brown sugar
½ cup (125 ml) parmesan cheese or substitute of choice
1 cup (250 ml) milk of choice
Preparation time: 10 minutes  /  Baking time: 25-30 minutes
Make muffins
1) Place rack in middle of oven. Preheat oven to 375ºF (190ºC).
2) In a medium mixing bowl, whisk together the yellow pea flour, rice flour blend, sugar, baking powder, onion, parmesan, oregano, xanthan gum and salt until well blended. With an electric mixer on low speed, beat in milk, oil and egg until batter thickness slightly, about 30 seconds. Stir in tomatoes and olives.
3) Fill muffin pan with batter, filling the cups about ¾ full. Let stand for 10 minutes.
4) Bake until muffins are brown and a toothpick inserted into the center comes out clean, about 25 to 30 minutes. Cool the muffins on a wire rack for 10 minutes, then remove the muffins from the pan and cool for 10 more minutes on the wire rack. Serve slightly warm.

Cranberry Orange Muffins
Makes 12 servings
½ cups (310 ml) brown rice flour blend (see page 14)
1 tsp (5 ml) baking powder
2 tsp (10 ml) sugar
1 cup (250 ml) milk of choice
1 tsp (5 ml) vanilla extract
Preparation time: 10 minutes  /  Baking time: 25-30 minutes
Prepare muffins
1) Preheat oven to 400ºF (205ºC) for 10 minutes; then turn it off. Dissolve yeast and sugar in 1 cup (250 ml) of milk and let stand 5 minutes. Grease a 10-inch muffin pan with paper liners.
2) In a medium bowl, beat yeast–milk mixture, flour, baking powder, orange zest, orange juice, and orange zest until well–blended. With an electric mixer on low speed, beat in the milk, oil, egg, and orange zest until well–blended. Divide the batter evenly in the pan and sprinkle with the remaining 2 tsp (10 ml) of sugar. Let stand 10 minutes.
3) Bake until the muffins are lightly browned and a toothpick inserted into the center comes out clean, about 25 to 30 minutes. Cool the muffins in the pan for 10 minutes on a wire rack, then transfer the muffins to the wire rack to cool for another 10 minutes. Serve slightly warm.

Breadsticks
Makes 10 breadsticks
1½ cups (375 ml) whole wheat flour
2 tsp (10 ml) salt
1 tbsp (15 ml) olive oil
2 cups (475 ml) warm milk
1½ tsp (7 ml) dry yeast
Preparation time: 12 minutes  /  Baking time: 40-55 minutes
Prepare dough
1) Place a rack in the middle of the oven. Preheat the oven to 375ºF (190ºC) degrees. Generously grease a standard 12-cup nonstick muffin pan or line with paper liners.
2) In a medium mixing bowl, whisk together the yellow pea flour, rice flour blend, sugar, baking powder, onion, parmesan, oregano, xanthan gum and salt until well blended. With an electric mixer on low speed, beat in milk, oil and egg until batter thickness slightly, about 30 seconds. Stir in the cranberries and nuts (if desired). Divide the batter evenly in the pan and sprinkle with the remaining 2 tsp (10 ml) of sugar. Let stand 10 minutes.
3) Bake until the muffins are lightly browned and a toothpick inserted into the center comes out clean, about 25 to 30 minutes. Cool the muffins in the pan for 10 minutes on a wire rack, then transfer the muffins to the wire rack to cool for another 10 minutes. Serve slightly warm.

Oatmeal-Berry Bars
Makes 16 squares
1 cup (250 ml) white bean flour
¾ cup (185 ml) brown rice flour
1 cup (250 ml) canola oil
¾ tsp (4 ml) baking powder
1 tsp (5 ml) baking soda
1 tsp (5 ml) ground cinnamon
Preparation time: 10 minutes  /  Baking time: 20-25 minutes
Prepare bars
1) Preheat oven to 395ºF (197ºC). Line an 8-inch square nonstick pan with foil that extends over the edges to make handles for easy removal. Grease the foil.
2) In a medium mixing bowl, whisk together the white bean flour, oats, sugar, xanthan gum, cinnamon, allspice and salt until thoroughly blended. Add the melted butter and 1 tsp (5 ml) of the milk and mix with a spatula until crumbly. Press 1 cup (250 ml) of this mixture firmly and evenly on the bottom of the pan. Mix the remaining top of vanilla with the preserves and spread evenly on top. Sprinkle the remaining oat mixture over the preserves and pat firmly to make an even crust.
3) Bake for 10 to 20 minutes or until the top is lightly browned. Cool bars on a cooling rack. Use the foil handles to lift the bars onto a cutting board. Cool completely before cutting.
Lentil Granola Bars
Makes 36 bars (1.06 kg)
1 cup (185 ml) shredded coconut
2 cups (500 ml) quick-cooking rolled oats
1 cup (250 ml) brown sugar, lightly packed
1 tsp (5 ml) cardamom
1 cup (185 ml) lentil purée
Preparation time: 15 minutes  /  Baking time: 25-30 minutes
Preparation time: 10 minutes  /  Baking time: 25-30 minutes
Preparation time: 10 minutes  /  Baking time: 40-45 minutes

Preparation time: 15 minutes  /  Baking time: 30 minutes
Preparation time: 15 minutes  /  Baking time: 30 minutes
Preparation time: 15 minutes  /  Baking time: 30 minutes

Preparation time: 10 minutes  /  Baking time: 25-30 minutes

Apple Crisp
Makes 6 servings
FRUIT
5 large Granny Smith apples
Zest and juice of 1 lemon
2 tsp (10 ml) granulated sugar
3 tbsp (45 ml) packed brown sugar
1 cup (250 ml) vanilla ice cream
Topping
¾ cup (125 ml) quick oats
1 tsp (5 ml) ground cinnamon
½ tsp (2 ml) ground allspice
⅛ tsp (dash) ground cloves
⅛ tsp (dash) ground nutmeg
⅛ tsp (dash) salt
Place rack in the middle of oven. Preheat oven to 350°F (180°C). Coat an 8x8-inch (glass or ceramic) baking dish with cooking spray.
3) Peel, core and thinly slice the apples. In a large bowl, toss the apples with the lemon zest and juice, sugar and vanilla.
4) Bake 25 to 30 minutes or until toothpick inserted into center of cake comes out clean. Cool cakes in pans 10 minutes on wire rack. Remove cakes from pans with thin metal spatula, discard parchment paper, and cool completely on wire rack.

Applesauce Spice Layer Cake
Makes 12 servings
2 cups (500 ml) brown rice flour blend (see page 14)
1 cup (250 ml) packed brown sugar
½ cup (125 ml) canola oil
⅓ cup (80 ml) molasses
1 tsp (5 ml) vanilla (optional)
Preparation time: 15 minutes  /  Baking time: 40-45 minutes
Preparation time: 15 minutes  /  Baking time: 25-30 minutes
Preparation time: 15 minutes  /  Baking time: 25-30 minutes
Preparation time: 10 minutes  /  Baking time: 25-30 minutes

Preparation time: 15 minutes  /  Baking time: 30 minutes
Preparation time: 15 minutes  /  Baking time: 30 minutes
Preparation time: 15 minutes  /  Baking time: 30 minutes
Preparation time: 10 minutes  /  Baking time: 25-30 minutes

Preparation time: 10 minutes  /  Baking time: 25-30 minutes

Chocolate Cake
Makes 8 servings
1 cup (250 ml) brown rice flour blend (see page 14)
1 large egg, room temperature
¼ cup (125 ml) canola oil
⅓ cup (80 ml) cocoa
⅓ cup (80 ml) unsweetened applesauce
⅓ cup (80 ml) applesauce
⅓ cup (80 ml) brown sugar
⅓ cup (80 ml) unsweetened applesauce
1 tsp (5 ml) ground cinnamon
⅛ tsp (dash) ground cloves
⅛ tsp (dash) salt
Preparation time: 15 minutes  /  Baking time: 40-45 minutes
Preparation time: 15 minutes  /  Baking time: 25-30 minutes
Preparation time: 15 minutes  /  Baking time: 25-30 minutes
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Preparation time: 10 minutes  /  Baking time: 25-30 minutes

Preparation time: 10 minutes  /  Baking time: 25-30 minutes

Preparation time: 10 minutes  /  Baking time: 25-30 minutes
### Gingerbread Cupcakes
Makes 12 cupcakes

1 cup (250 ml) brown rice flour
1 tsp (5 ml) xanthan gum
½ tsp (2 ml) ground cloves
1 tsp (5 ml) baking soda
1 tsp (5 ml) apple cider vinegar

Preparation time: 10 minutes  /  Cooking time: 20-35 minutes

1) Place rack in middle of oven. Preheat oven to 350°F (180°C). Generously Generously

2) In a medium mixing bowl, whisk together rice flour blend, baking soda, and beat with an electric mixer on low speed until well blended. Divide batter evenly in muffin pan.

3) Bake until the cookies are lightly browned and firm, about 12 to 15 minutes. Cool the cookies on the cooling rack.

### Peanut Butter Cookies
Makes 32 small cookies

1 cup (250 ml) crunchy peanut butter
½ cup (125 ml) lentil flour
1 tsp (5 ml) xanthan gum
¾ tsp (3 ml) baking soda
1 tsp (5 ml) apple cider vinegar

Preparation time: 10 minutes  /  Baking time: 10-12 minutes

1) Preheat oven to 350°F (180°C). Line a cookie sheet with cooking spray.

2) In blender, purée beans with egg purée and continue beating until well combined. Add bean and egg purée and continue beating until well combined.

3) Bake until the cookies are lightly browned and firm, about 12 to 15 minutes. Cool the cookies on the cooling rack.

### Chocolate Chip Oat Cookies
Makes 24 cookies (360 g)

1 cup (250 ml) crunchy chickpea (garbanzo) flour
½ cup (125 ml) canned navy beans, rinsed and drained
1 tsp (5 ml) vanilla extract
1 tsp (5 ml) apple cider vinegar

Preparation time: 10 minutes  /  Baking time: 10 minutes

1) Preheat oven to 375°F (190°C). Line a cookie sheet with parchment paper or lightly spray with cooking spray.

2) In a mixing bowl, stir together bean flour, baking soda, and beat with an electric mixer on low speed until well blended. Add chickpea flour, xanthan gum and salt and beat on low speed until well blended. Shape half of the dough into twelve 1-inch balls and place 2 inches apart on the baking sheet. Flatten each ball to ½-inch thick by making cross-cross marks with the tines of a fork.

3) Bake until cookies are lightly browned and firm, about 12 to 15 minutes. Cool the cookies on the cooling rack for 10 minutes. Transfer the cookies to the wire rack to cool completely. Repeat with remaining dough.

### Speckled Chocolate Chip Cookies
Makes 48 cookies (60g)

1 cup (250 ml) black bean flour
1 tsp (5 ml) baking soda

Preparation time: 10 minutes  /  Baking time: 10 minutes

1) Preheat oven to 375°F (190°C). Line a cookie sheet with parchment paper or lightly spray with cooking spray.

2) In a mixing bowl, cream together margarine and both sugars. Beat in egg and vanilla until light and fluffy.

3) Stir in dry ingredients until blended. Fold in chocolate chips.

4) Drop by small teaspoonfuls 2 inches (5 cm) apart onto nonstick baking sheets. Bake for 10-12 minutes or until golden brown.


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### Note

- The dough will seem sticky. Leave enough room between cookies for them to spread out as they bake.
Anise Apricot Biscotti
Makes 16 biscotti
1½ cups (375 ml) white bean flour
1 cup (250 ml) sugar
1 tbsp (15 ml) anise seed (optional)
1 tsp (7 ml) xanthan gum
1½ tsp (7 ml) baking powder
½ tsp (2 ml) salt
2 large eggs, at room temperature
1) Preheat the oven to 350ºF (180ºC). Line a 13 x 9-inch nonstick baking sheet with parchment.
2) In a food processor, combine the white bean flour, sugar, anise seed (if using), xanthan gum, baking powder, and salt.
3) Add the eggs, butter, orange zest, anise extract and vanilla and pulse until the dough forms a ball (about 20 times). Break the dough into big clumps, add the dried apricots and process until the dough forms a ball again.
4) Remove the dough from the food processor and knead until smooth. Shape dough into a ball, divide the ball in half, and shape each half into a log, 12 inches long, 2 inches wide and ½-inch thick.
5) Bake until the dough cracks on top and begins to brown at the edges, about 20 minutes. Cool the logs for 10 minutes.
6) Reduce the oven temperature to 325ºF (160ºC). With a serrated knife or electric knife, cut each log diagonally into ¾-inch thick slices. Arrange the slices, cut side down and ½-inch apart on baking sheet.
7) Bake 20 minutes, flipping halfway. Turn off the oven, leaving the biscotti to dry out even further for 30 minutes. Cool fully on a wire rack.

Creamy Blueberry & Lentil Lime Popsicles
Makes 8 servings
1 tbsp (15 ml) grated ginger
1 cup (250 ml) vanilla Greek yogurt
½ cup (125 ml) cooked split red lentils
1½ cups (375 ml) fresh blueberries
2 limes, juice and zest
⅓ cup (85 ml) sweetened condensed milk
1) Place all ingredients into a blender or food processor.
2) Puree until smooth and transfer to popsicle molds.
3) Freeze 4-6 hours.
4) Once popsicles are fully frozen, dip the base of the molds in warm water for a few seconds. This will help with releasing the popsicles.
5) Serve immediately and enjoy!

Nutrients Per Serving
1 biscotti
Calories: 148 kcal
Protein: 4 g
Fat: 4 g
Saturated Fat: 2 g
Carbohydrates: 24 g
Fiber: 3 g
Sodium: 103 mg
Potassium: 258 mg
Folate: 34 mg
Calcium: 53 mg
Iron: 1 mg
Thiamin: 0.08 mg
Riboflavin: 0.05 mg
Niacin: 1 mg
Zinc: 0.45 mg

Nutrients Per Serving
1 popsicle
Calories: 140 kcal
Total Fat: 6 g
Saturated Fat: 4.5 g
Cholesterol: 10 mg
Carbohydrates: 19 g
Sugar: 14 g
Protein: 6 g
Sodium: 35 mg

Quick Pulse Tip: Eating pulses with a vitamin C source will help absorb more iron into the body.
Recipe is from www.lentils.ca

Pulse Canada is the national association representing the growers, processors and traders of Canadian pulse crops. Direction and funding is provided by Alberta Pulse Growers, Saskatchewan Pulse Growers, Manitoba Pulse and Soybean Growers, Ontario 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.

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