

Surprisingly Good

20 things to do with a can of pulses

Looking for a great way to add more fibre and protein to your meals? Try canned pulses! Canned pulses (lentils, beans and chickpeas) are nutritional powerhouses. They are high in fibre, low in fat and a good source of protein. Eating pulses can lower blood cholesterol, help with weight management and blood sugar control.



Include $\frac{1}{3}$ cup (75 mL) of **black or white beans** in your morning omelette to add extra protein and fibre to get you ready for the day!



Roasted whole **chickpeas** or **lentils** are a great addition to trail mix, granola or granola bars or as a snack on their own.



Add a handful of **black beans** to your usual pizza toppings.



When eating a quick can of soup for lunch, add $\frac{1}{2}$ can **chickpeas**, **beans** or **lentils** to turn your soup into a satisfying meal.



Add a $\frac{1}{2}$ cup (125 mL) to 1 cup (250 mL) of whole **pulses** to any green salad or pasta salad... it tastes great and adds protein and fibre without increasing fat!



Add $\frac{1}{2}$ cup (125 mL) of **lentils** or **black beans** to your usual wrap, quesadilla or burrito fillings. The added fibre will curb cravings for snacks later on.



Roast them! Drain and rinse 1 or 2 cans of **chickpeas** and coat them with a little olive oil and your favourite seasonings - 1 tsp (5 mL) of Worcestershire and Tabasco sauce and 2-3 Tbsp (30-45 mL) of cumin work nicely. Bake at 375°F for 1 hour. Chickpeas should come out crunchy and delicious.



Marinated and Roasted Chickpeas



Roasted **black beans** are a tasty treat! After rinsing and draining a can of black beans, pat dry and toss them with vegetable oil, garlic powder, chili powder and a little salt and pepper. Spread them out on a parchment lined baking sheet and roast at 400°F until dry and crispy, turning them once halfway through at about 30 minutes.



Add 1 cup (250 mL) of **black beans** to 3 cups (750 mL) cooked rice, the combination makes a complete protein with complementing amino acids from both.



Replace half the ground beef in your favourite spaghetti sauce with 2 cups (500 mL) of **chickpeas** - add them whole or chopped or puréed to lower the fat and add fibre.

Rinsing Canned Pulses

It is recommended to drain and rinse any canned pulse before adding it to your favourite meal or recipe. This simple step will reduce the sodium content of canned pulses by more than 40% if you aren't using the no salt added varieties.

After draining and rinsing:

- 14 oz (398 mL) can of pulses yields $1\frac{1}{4}$ cups (300 mL) whole pulses
- 19 oz (540 mL) can of pulses yields 2 cups (500 mL) whole pulses

Drained and rinsed pulses:

Can be stored in the refrigerator in a tightly covered container for 3 to 5 days or frozen in an airtight container or heavy duty freezer bag for up to 6 months.



Chickpea Hummus: In a blender or food processor, combine 1 can of drained and rinsed **chickpeas** with 2 Tbsp (30 mL) both tahini and olive oil, juice squeezed from ½ lemon, and salt and pepper to taste. Add water, 1 Tbsp (15 mL) at a time, until desired consistency is achieved and serve with whole-wheat toasted pita bites.



Replace half the meat with **lentils** in lasagna, tacos, casseroles, chili, meatloaf, meatballs or burgers. Use 2 cups (500 mL) of lentils for every ½ lb (250 g) of meat.



Black Bean Brownies



Mix ½ cup (125 mL) of **black beans** into 1 cup (250 mL) of your favourite salsa. Add some cilantro and a squeeze of fresh lime juice for a tasty low-fat, high fibre party dip.



Make a delicious fresh chutney by mixing 1 cup of **black beans** with 1 cup (250 mL) chopped avocado, some chopped cilantro and 1 Tbsp (15 mL) of lemon juice. Serve with grilled or roasted chicken for an extra boost of fibre and disease-preventing antioxidants.



Power up 2 cups (500 mL) of mashed potatoes by adding ½ cup (125 mL) puréed **white beans** for a punch of protein and fibre.



Add 2 Tbsp (30 mL) of puréed **white beans** to your smoothie for an added nutritional boost.



Toss in some **lentils, black beans** or **pinto beans** along with your favourite nacho toppings for a tasty treat!



Purée 1 cup (250 mL) of canned **lentils** with your favourite herb and use as a sandwich spread or baked potato topper.



Replace half the butter or oil when baking with a **lentil** or **white bean** purée to lower the fat.



Mix ½ cup (125 mL) to 1 cup (250 mL) cooked and mashed **white beans** into chicken salad, tuna salad or egg salad for sandwiches.

Puréed Pulses

- One cup (250 mL) whole, drained and rinsed pulses will yield ¾ cup (175 mL) puréed pulses
- Unused pulse purées can be frozen for up to six months

Puréeing Pulses:

1. Place cooked or rinsed & drained canned pulses into food processor or blender.
2. Add ¼ cup (50 mL) hot water for each 1 cup (250 mL) of cooked pulses.
3. Blend until the mixture is smooth.
4. Add water in small amounts to reach desired consistency which is similar to canned pumpkin.