



Pulses

good for food & for you!

PICNIC PERFECT PULSES

By Alberta Pulse Growers

Add some fun to your outdoor parties and BBQ's with beans, peas, lentils and chickpeas!

P U L S E S

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DELICIOUS DIPS

These tasty dips can be served warm or cold!
Great with fresh veggies & pita chips, on top
of flatbreads, in wraps or sandwiches!

RED LENTIL

& Roasted Carrot Dip

Serve this dip warm with pita chips or chill and serve with an assortment of fresh veggies!



Prep Time:
25 Minutes

Total Time:
30 Minutes



Yields:
2 Cups (500 mL)

NUTRIENTS PER SERVING (1/4 cup/60 mL)

151 Calories, 7 g Fat, 1 g Saturated Fat, 0 mg Cholesterol, 16 g Carbohydrate, 4 g Fibre, 2 g Sugar, 6 g Protein, 34 mg Sodium, 324 mg Potassium, 99 mcg Folate, 2 mg Iron

INGREDIENTS

- 2 cups (500 mL) carrots, diced
- 2 tsp (10 mL) canola oil (for roasting)
- 3/4 cup (175 mL) dry red split lentils
- 2 1/4 cups (560 mL) water
- 1/4 cup (60 mL) tahini
- 1 Tbsp (15 mL) canola oil (for blending)
- 1 fresh lime, juice & zest
- 2 cloves garlic, minced
- 1 tsp (5 mL) ground cumin
- 1/2 tsp (2 mL) ground turmeric
- salt & black pepper to taste



DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Toss carrots with 2 tsp (10 mL) oil in a medium bowl and season well with salt and black pepper. Transfer to a parchment lined pan and spread evenly. Roast for about 20 minutes or until tender.
3. Rinse dry lentils with cool water, drain, and transfer to a medium pot. Add water and simmer until fully cooked and tender, about 10-15 minutes. Drain and set aside.
4. Combine all ingredients together in a food processor and blend until smooth. Season to taste with salt and black pepper. If the dip is too thick, add warm water or oil to reach your desired consistency.

NOTES

This dip may thicken as it chills. Add more water to thin if desired.



Prep Time:
30 Minutes

Total Time:
35 Minutes



Yields:
2 1/4 Cups (560 mL)

GREEN SPLIT PEA

Pesto Dip

Not only a tasty dip, but a great topper for flatbreads or a spread in your favourite wraps & sandwiches!

NUTRIENTS PER SERVING (1/4 cup/60 mL)

177 Calories, 10 g Fat, 2 g Saturated Fat, 3 mg Cholesterol, 16 g Carbohydrate, 2 g Fibre, 2 g Sugar, 8 g Protein, 69 mg Sodium, 285 mg Potassium, 74 mcg Folate, 2 mg Iron

INGREDIENTS

1 cup (250 mL) dry green split peas
3 cups (750 mL) water
1/4 cup (60 mL) tahini
1/3 cup (80 mL) grated parmesan or asiago cheese
3-4 Tbsp (45-60 mL) lemon juice & zest
3 Tbsp (45 mL) canola or olive oil
2 cloves garlic, minced
small bunch of fresh basil leaves (about 2 cups/500 mL lightly packed)
salt & black pepper to taste
water as needed to thin out



DIRECTIONS

1. Rinse dry peas under water, drain, and transfer to a medium pot. Add water, cover and simmer for 30 minutes or until peas are very tender, stirring occasionally to prevent sticking and/or boiling over. Add more water as needed to keep peas covered. Drain and set aside.
2. Combine all ingredients together in a food processor and blend until smooth, season to taste with salt and black pepper. If the dip is too thick, add water 1 Tbsp (15 mL) at a time to reach your desired consistency.

NOTES

The sharper the cheese, the less you may need in the recipe. Taste the cheese and decide how much you would like to include.

WHITE BEAN

& Pickled Beet Dip

A tasty, colourful dip that goes great with any type of veggie or cracker!



Prep Time:
5 Minutes

Total Time:
8 Minutes



Yields:
2 1/2 Cups (625 mL)

NUTRIENTS PER SERVING (1/4 cup/60 mL)

101 Calories, 4 g Fat, 0.5 g Saturated Fat, 0 mg Cholesterol, 13 g Carbohydrate, 4 g Fibre, 2 g Sugar, 5 g Protein, 58 mg Sodium, 273 mg Potassium, 43 mcg Folate, 2 mg Iron

INGREDIENTS

- 1 – 19 oz (540 mL) can of white beans*, drained & rinsed (yields 2 cups/500 mL beans)
- 1 1/2 cups (375 mL) drained prepared pickled red beets**
- 3 Tbsp (45 mL) tahini
- 2 Tbsp (30 mL) chopped fresh dill
- 1 Tbsp (15 mL) lemon juice
- 2 tsp (10 mL) balsamic vinegar, or more to taste
- 2 cloves garlic
- 1 Tbsp (15 mL) olive oil
- salt & black pepper to taste



DIRECTIONS

1. In a food processor, combine all ingredients and blend until smooth.
2. Season to taste with salt and black pepper and adjust acidity as desired.

NOTES

- * White beans include Great Northern, white kidney, cannellini or navy beans.
- ** You can also use roasted/cooked or canned beets, but you may have to add more balsamic vinegar to get that delicious pickled flavour!



SENSATIONAL SALADS

Serve these delicious, nutritious salads on the side or as a main dish! Packed with protein and flavour, these salads are destined to become a party favourite!

MOROCCAN

Chickpea & Cucumber Salad

This delicious and refreshing salad is sure to become a new family favourite at your next potluck dinner or BBQ!



Prep Time:
10 Minutes

Total Time:
15 Minutes



Yields:
5 cups (1.25 L)

NUTRIENTS PER SERVING (1 cup/250 mL)

313 Calories, 14 g Fat, 1 g Saturated Fat, 0 mg Cholesterol, 39 g Carbohydrate, 6 g Fibre, 8 g Sugar, 10 g Protein, 18 mg Sodium, 474 mg Potassium, 139 mcg Folate, 4 mg Iron

INGREDIENTS

Dressing

2 lemons, zest & juice
2 Tbsp (30 mL) tahini
2 Tbsp (30 mL) canola oil
2 tsp (10 mL) ground cumin
1/2 tsp (2 mL) ground turmeric
1/2 tsp (2 mL) red chili flakes (optional)
salt & black pepper to taste

Salad

1 – 19 oz (540 mL) can of chickpeas,
drained & rinsed (yields 2 cups/
500 mL chickpeas)
1 cup (250 mL) cooked brown rice*
1 1/2 cups (375 mL) chopped
cucumber (halved & seeded)
1/4 cup (60 mL) thinly sliced
green onions
1/3 cup (80 mL) toasted almond slices**



1/4 cup (60 mL) chopped dried
apricots or golden raisins
2 Tbsp (30 mL) chopped fresh
cilantro or dill (optional)

DIRECTIONS

1. Whisk dressing ingredients together in a small bowl until smooth. Add small amounts of warm water to adjust the consistency if too thick. Season with salt and black pepper.
2. In a large bowl, combine salad ingredients and toss in dressing, coating evenly.
3. Adjust seasonings (salt, pepper, lemon juice) if needed, and serve.

NOTES

- * Other cooked grains like barley, quinoa, millet or farro can be used in place of the rice.
- ** To toast any nut or seed, shake them back and forth in a skillet over medium heat for 2-3 minutes or until browned. Watch carefully as they can burn quite easily.



Prep Time:
10 Minutes

Total Time:
15 Minutes



Yields:
4 cups (1 L)

MEDITERRANEAN

Antipasto Salad

Enjoy Mediterranean flavours in a bowl with this combination of lentils, tomatoes, pepper and olives!

NUTRIENTS PER SERVING (1 cup/250 mL)

249 Calories, 6 g Fat, 1 mg Saturated Fat, 0 mg Cholesterol, 40 g Carbohydrate, 7 g Fibre, 6 g Sugar, 12 g Protein, 174 mg Sodium, 709 mg Potassium, 218 mcg Folate, 5 mg Iron

INGREDIENTS

Dressing

2 Tbsp (30 mL) lemon juice
1 Tbsp (15 mL) olive oil
1 tsp (5 mL) whole grain mustard
salt & black pepper to taste

Salad

1 – 19 oz (540 mL) can of green lentils, drained & rinsed (yields 2 cups/500 mL lentils)
1 cup (250 mL) cooked brown rice*
1 cup (250 mL) grape or cherry tomatoes, halved
3/4 cup (175 mL) chopped roasted red pepper
1/4 cup (60 mL) chopped sundried tomatoes, packed in oil
2 green onions, thinly sliced



1/4 cup (60 mL) pitted & chopped Kalamata olives (optional)
2 Tbsp (30 mL) chopped fresh basil (optional)

DIRECTIONS

1. Whisk dressing ingredients together in a small bowl, and season with salt and black pepper.
2. In a large bowl, combine salad ingredients and toss in dressing, coating evenly.
3. Adjust seasonings (salt, pepper, lemon juice) if needed, and serve.

NOTES

* Other cooked grains like barley, quinoa, millet or farro can be used in place of the rice.

SOUTHWEST

Black Bean Salad

A colourful salad that highlights black beans and the flavours of the southwest!



Prep Time:
10 Minutes

Total Time:
15 Minutes



Yields:
5 cups (1.25 L)

NUTRIENTS PER SERVING (1 cup/250 mL)

238 Calories, 7 g Fat, 1 g Saturated Fat, 0 mg Cholesterol, 37 g Carbohydrate, 7.5 g Fibre, 4 g Sugar, 9 g Protein, 101 mg Sodium, 479 mg Potassium, 149 mcg Folate, 2 mg Iron

INGREDIENTS

Dressing

- 2 whole limes, zest & juice (about 3-4 Tbsp juice)
- 2 Tbsp (30 mL) canola oil
- 2 tsp (10 mL) chili powder
- 1/2 tsp (2 mL) cumin
- salt & black pepper to taste

Salad

- 1 – 19 oz (540 mL) can of black beans, drained & rinsed (yields 2 cups/500 mL beans)
- 1 cup (250 mL) cooked brown rice*
- 3/4 cup (175 mL) sweet corn kernels
- 1 cup (250 mL) chopped red bell pepper
- 3 Tbsp (45 mL) chopped fresh cilantro



- 3 Tbsp (45 mL) chopped red onion
- 1 small jalapeno pepper, finely diced, seeds removed (optional)

DIRECTIONS

1. Whisk dressing ingredients together in a small bowl.
2. In a large bowl, combine salad ingredients and toss in dressing, coating evenly.
3. Adjust seasonings (salt, pepper, lime juice) as desired. For more heat, add your favorite hot sauce and serve!

NOTES

- * Other cooked grains like barley, quinoa, millet or farro can be used in place of the rice.



ROCKIN' ROASTED PULSES

Great on top of salads or soups or as a
snack on their own!

CAJUN

Roasted Black Beans

Add these spicy roasted beans to any soup or salad for additional flavour and crunch! They can also be a tasty and healthy snack on their own!



Prep Time:
5 minutes

Total Time:
1 hour, 5 minutes



Yields:
1 1/2 cups (375 mL)

NUTRIENTS PER SERVING (1/4 cup/60 mL)

97 Calories, 2 g Fat, 0 g Saturated Fat, 0 mg Cholesterol, 15 g Carbohydrate, 4.5 g Fibre, 0 mg Sugar, 5.5 g Protein, 5 mg Sodium, 229 mg Potassium, 91 mcg Folate, 1 mg Iron

INGREDIENTS

- 1 – 19 oz (540 mL) can of black beans, drained & rinsed (yields 2 cups/500 mL beans)
- 2 tsp (10 mL) canola oil
- 2 tsp (10 mL) chili powder
- 1/2 tsp (2 mL) ground cumin
- 1/4 tsp (1 mL) garlic powder
- 1/4 tsp (1 mL) onion powder
- 1/8 tsp (0.5 mL) ground cayenne (or more if preferred)
- salt & ground black pepper to taste



DIRECTIONS

1. Preheat oven to 375°F (190°C). Position rack in middle of oven.
2. Dry beans with clean towel and put in a medium mixing bowl. The more you dry, the less time in the oven.
3. Add oil to beans and toss to coat.
4. Combine chili powder, cumin, garlic powder, onion powder and cayenne pepper together in a small bowl then sprinkle spice mix over beans and toss to coat evenly. Season with salt and black pepper as desired.
5. Spread seasoned beans on a parchment-lined baking sheet and roast in oven until dry and crisp, about 30 minutes, stirring once halfway through.
6. Cool on the tray and then serve, or once cooled, transfer to an airtight container to keep crisp. Enjoy!

NOTES

The beans can be roasted up to 1 day ahead. Make sure you cool completely and store in an airtight container. Can be served at room temperature or briefly reheated, about 5 minutes at 400°F (200°C).



Prep Time:
5 Minutes

Total Time:
35 Minutes



Yields:
1 cup (250 mL)

BLACK PEPPER

& Lime Roasted Lentils

These spicy lentils add a pop of flavour and texture to salads, soups and your favourite wrap filling!

NUTRIENTS PER SERVING (1/4 cup/60 mL)

101 Calories, 3 g Fat, 0 mg Saturated Fat, 0 mg Cholesterol, 14 g Carbohydrate, 3 g Fibre, 1 g Sugar, 6 g Protein, 228 mg Sodium, 259 mg Potassium, 122 mcg Folate, 2 mg Iron

INGREDIENTS

- 1 – 19 oz (540 mL) can of green lentils, drained & rinsed (yields 2 cups/500 mL lentils)
- 2 tsp (10 mL) canola oil
- 1/2 tsp (2 mL) freshly ground black pepper
- 1 lime, zest & juice
- salt to taste



DIRECTIONS

1. Preheat oven to 375°F (190°C). Position rack in middle of oven.
2. Dry lentils with clean towel and put in a medium mixing bowl. The more you dry, the less time in the oven.
3. Add oil to lentils and toss to coat. Add black pepper, lime zest and salt and coat evenly.
4. Spread seasoned lentils on a parchment-lined baking sheet and roast in oven for 25-30 minutes until dry and crisp, stirring once halfway through.
5. Cool on the tray slightly, then sprinkle with 1 tsp (5 mL) lime juice (or more to taste), toss and serve immediately. Once completely cooled, store in an airtight container. Enjoy!

NOTES

The lentils can be roasted up to 1 day ahead. Make sure you cool completely and store in an airtight container. Can be served at room temperature or briefly reheated, about 5 minutes at 400 °F (200°C).

CINNAMON

& Sugar Roasted Chickpeas

These roasted chickpeas are a great snack on their own or can be added to any granola mix for extra crunch and protein!



Prep Time:
5 Minutes

Total Time:
40-50 Minutes



Yields:
1 1/2 cups (375 mL)

NUTRIENTS PER SERVING (1/4 cup/60 mL)

127 Calories, 3 g Fat, 0 mg Saturated Fat, 0 mg Cholesterol, 21 g Carbohydrate, 3 g Fibre, 7 g Sugar, 5 g Protein, 30 mg Sodium, 172 mg Potassium, 99 mcg Folate, 2 mg Iron

INGREDIENTS

- 1 – 19 oz (540 mL) can of chickpeas, drained & rinsed (yields 2 cups/500 mL chickpeas)
- 2 tsp (10 mL) canola oil
- 2 Tbsp (30 mL) granulated sugar
- 1 1/2 Tbsp (25 mL) ground cinnamon (it may seem like a lot but trust us!)
- pinch of salt



DIRECTIONS

1. Preheat oven to 375°F (190°C). Position rack in middle of oven.
2. Dry chickpeas with clean towel and put in a medium mixing bowl. The more you dry, the less time in the oven. Remove any skins that may have sluffed off.
3. Add oil to chickpeas and toss to coat.
4. Combine sugar, cinnamon and salt in a small bowl, then sprinkle spice mix over chickpeas and toss to coat evenly. They will look very dark.
5. Place chickpeas on a parchment-lined baking sheet and roast in oven for about 35-45 minutes until dry and crisp, stirring 1-2 times during roasting. Chickpeas should be dry and crispy. They will continue to crisp as they cool.
6. Cool on the tray and then serve, or once cooled, transfer to an airtight container to keep crisp. Enjoy!

NOTES

- The chickpeas can be roasted up to 1 day ahead. Make sure you cool completely and store in an airtight container. Can be served at room temperature or briefly reheated, about 5 minutes at 400 °F (200°C).
- Sugar can be adjusted if a sweeter snack is preferred.



QUICK PICKLED PULSES

A great accompaniment for burgers, sandwiches, wraps or charcuterie boards!

VIETNAMESE

Pickled Yellow Split Peas

These pickled peas will add a jolt of flavour as a topper on BBQ hamburgers and hotdogs or as a delicious side dish!



Prep Time:
30 Minutes

Total Time:
1 hr 30 minutes
(1 hour inactive)



Yields:
2 3/4 cups (690 mL)

NUTRIENTS PER SERVING (1/4 cup/60 mL)

72 Calories, 0 g Fat, 0 g Saturated Fat, 0 mg Cholesterol, 14 g Carbohydrate, 1 g Fibre, 6 g Sugar, 3 g Protein, 226 mg Sodium, 179 mg Potassium, 36 mcg Folate, 1 mg Iron

INGREDIENTS

- 2/3 cup (165 mL) dry yellow split peas
- 2 cups (500 mL) water
- 1 cup (250 mL) peeled, grated carrot
- 1 cup (250 mL) white wine vinegar
- 1/4 cup (60 mL) water
- 1/4 cup (60 mL) sugar or honey
- 3 cloves of garlic, minced
- 2 tsp (10 mL) minced fresh ginger
- 1/2 tsp (2 mL) chili flakes (optional)
- 1 tsp (5 mL) salt
- 2 tsp (10 mL) lime juice
- 2 Tbsp (30 mL) chopped fresh cilantro (optional)



DIRECTIONS

1. Rinse dry peas with cool water, drain and transfer to a medium pot. Add 2 cups (500 mL) water and bring to a simmer, cover and cook for 30 minutes or until peas are tender, not mushy. Stir peas occasionally to prevent sticking and/or boiling over. Add more water as needed to keep peas covered.
2. Once peas are cooked, drain, then cool by rinsing under cold water.
3. Combine cooked peas and carrots in a bowl and set aside.
4. In a small sauce pan, combine vinegar, 1/4 cup (60 mL) water, sugar or honey, garlic, ginger, chili flakes (if using) and salt. Simmer gently until sugar and salt dissolve. Remove from heat, add lime and cilantro (if using).
5. Spoon pea mixture into 2 - 2 cup (500 mL) mason jars. Pour vinegar mixture over peas in the jars and gently stir to combine. Cover with jar lids.
6. Set aside to cool for at least 1 hour.
7. Once cooled, the pickled mixture can be enjoyed immediately, or stored in the fridge for up to one week.



Prep Time:
10 Minutes

Total Time:
1 hour 10 minutes
(1 hour inactive)



Yields:
2 3/4 cups (690 mL)

PICKLED WHITE

Kidney Beans

Also known as “Cortido Rojo”, these pickled beans are a great addition on charcuterie boards or in salads!

NUTRIENTS PER SERVING (1/4 cup/60 mL)

69 Calories, 0 g Fat, 0 g Saturated Fat, 0 mg Cholesterol, 13 g Carbohydrate, 2 g Fibre, 5 g Sugar, 3 g Protein, 220 mg Sodium, 169 mg Potassium, 46 mcg Folate, 1 mg Iron

INGREDIENTS

- 1 – 19 oz (540 mL) can of white kidney beans, drained & rinsed (yields 2 cups/500 mL beans)
- 1 cup (250 mL) thinly sliced red cabbage
- 1 small jalapeno, sliced thinly (with or without seeds*)
- 1 cup (250 mL) red wine vinegar
- 1/4 cup (60 mL) sugar or honey
- 1/4 cup (60 mL) water
- 3 cloves garlic, minced
- 1/2 tsp (2 mL) ground cumin
- 1 tsp (5 mL) salt



DIRECTIONS

1. Combine beans, cabbage and jalapeno in a bowl. Set aside.
2. In a small saucepan, combine vinegar, sugar or honey, water, garlic, cumin and salt. Simmer gently until sugar and salt dissolve. Remove from heat.
3. Spoon bean mixture into 2 - 2 cup (500 mL) mason jars. Pour vinegar mixture over beans in the jars and gently stir to combine. Cover with jar lids.
4. Set aside to cool for at least 1 hour.
5. Once cooled, the pickled mixture can be enjoyed immediately, or stored in the fridge for up to one week. These pickled beans take on a vibrant pink tint as they sit!

NOTES

- * Want more heat? Include the seeds of the jalapeno pepper. Omit the seeds for less heat!

CIDER MAPLE

Pickled Green Lentils



Prep Time:
10 Minutes

Total Time:
1 hour 10 minutes
(1 hour inactive)



Yields:
2 3/4 cups (690 mL)

A great accompaniment for burgers, sandwiches, wraps or charcuterie boards!

NUTRIENTS PER SERVING (1/4 cup/60 mL)

75 Calories, 0 g Fat, 0 g Saturated Fat, 0 mg Cholesterol, 14 g Carbohydrate, 2 g Fibre, 6 g Sugar, 4 g Protein, 238 mg Sodium, 206 mg Potassium, 75 mcg Folate, 1.5 mg Iron

INGREDIENTS

- 1 – 19 oz (540 mL) can of green lentils, drained & rinsed (yields 2 cups/500 mL lentils)
- 1 medium red or orange bell pepper, quartered & thinly sliced
- 1 Tbsp (15 mL) chopped fresh dill
- 1 cup (250 mL) cider vinegar
- 1/2 cup (125 mL) thinly sliced red onion
- 1/4 cup (60 mL) maple syrup or honey
- 1/4 cup (60 mL) water
- 1 Tbsp (15 mL) whole grain mustard
- 1 tsp (5 mL) salt



DIRECTIONS

1. Gently combine lentils, bell pepper and dill in a bowl and set aside.
2. In a small sauce pan, combine vinegar, onion, maple syrup or honey, water, mustard and salt. Simmer gently until salt dissolves. Remove from heat.
3. Spoon lentil mixture into 2 - 2 cup (500 mL) mason jars. Pour vinegar mixture over lentils in the jars and gently stir to combine. Cover with jar lids.
4. Set aside to cool for at least 1 hour.
5. Once cooled, the pickled mixture can be enjoyed immediately, or stored in the fridge for up to one week.



TASTY TREATS

One delicious recipe with three variations that are sure to satisfy any sweet cravings in the crowd!

CHICKPEA

Jammers

An old-fashioned favourite with a sweet, tart burst of fruit!



Prep Time:
20 Minutes

Total Time:
35 Minutes



Yields:
36 Cookies

NUTRIENTS PER SERVING (1 cookie)

85 Calories, 2 g Fat, 1 g Saturated Fat, 9 mg Cholesterol, 15.5 g Carbohydrate, 1 g Fibre, 9 g Sugar, 2 g Protein, 58 mg Sodium, 57 mg Potassium, 10 mcg Folate, 0.5 mg Iron

INGREDIENTS

- 1 – 14 oz (398 mL) can of chickpeas, drained & rinsed (yields 1 1/4 cups/300 mL chickpeas)
- 1 cup (250 mL) brown sugar
- 1/4 cup (60 mL) butter, melted
- 1 egg
- 1 tsp (5 mL) vanilla
- 1/2 tsp (2 mL) baking soda
- 1/4 tsp (1 mL) salt
- 1 1/2 cups (375 mL) whole wheat flour
- 1/2 cup (125 mL) rolled oats
- 1 tsp (5 mL) cinnamon
- 1/2 cup (125 mL) jam or jelly of your choice



DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. In a food processor, blend chickpeas until smooth and no round peas remain.
3. In a large mixing bowl, whisk mashed chickpeas with brown sugar, melted butter, egg and vanilla.
4. In a separate bowl combine baking soda, salt, flour, oats and cinnamon.
5. Add dry ingredients to the chickpea mixture and stir well.
6. Roll a spoonful of batter by hand and place on a greased cookie sheet. Gently press each ball in the centre with a small spoon to make a shallow well; the cookie will flatten slightly.
7. Bake for 10-12 minutes, until bottom of the cookie is golden. Remove from oven and immediately use the small spoon to reinforce the shallow well.
8. Fill the well with about 1 tsp (5 mL) of jam or jelly. Allow to cool completely before storing in one layer in an airtight container.



Prep Time:
20 Minutes

Total Time:
45 Minutes



Yields:
30 Squares

CHICKPEA

Snack Cake

A cross between a bar and a cookie, this snack cake is sturdy enough to pack in a lunch box and moist enough to be a cake-like bar!

NUTRIENTS PER SERVING (1 square)

138 Calories, 6 g Fat, 3 g Saturated Fat, 15 mg Cholesterol, 18 g Carbohydrate, 1.5 g Fibre, 10 g Sugar, 3 g Protein, 108 mg Sodium, 109 mg Potassium, 13 mcg Folate, 1 mg Iron

INGREDIENTS

- 1 – 14 oz (398 mL) can of chickpeas, drained & rinsed (yields 1 1/4 cup/300 mL chickpeas)
- 1 cup (250 mL) brown sugar
- 1/4 cup (60 mL) butter, melted
- 1 egg
- 1 tsp (5 mL) vanilla
- 1/2 cup (125 mL) unsweetened shredded coconut
- 3/4 cup (175 mL) chopped pecans
- 1/2 tsp (2 mL) baking soda
- 1/4 tsp (1 mL) salt
- 1 1/2 cups (375 mL) whole wheat flour
- 1/2 cup (125 mL) rolled oats
- 1 cup (250 mL) cream cheese
- 1/4 cup (60 mL) maple syrup



DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. In a food processor, blend chickpeas until smooth and no round peas remain.
3. In a large mixing bowl, whisk mashed chickpeas with brown sugar, melted butter, egg, vanilla, coconut and pecans.
4. In a separate bowl combine baking soda, salt, flour and oats.
5. Add dry ingredients to the chickpea mixture and stir well.
6. Press into a lightly greased or parchment paper lined 9 x 13-inch (23 x 33 cm) baking pan.
7. Bake for 25 minutes or until a knife inserted in the center comes out clean. Remove from oven and cool.
8. Whip together cream cheese and maple syrup. Spread or drizzle over cake before cutting into squares.

HERMIT

Chickpea Cookies

The inspiration behind this cookie is 11-year-old Ruby Kubinec's award winning Gluten-free Chickpea Cookie recipe, but ours is made with whole wheat flour.



Prep Time:
20 Minutes

Total Time:
35 Minutes



Yields:
36 Cookies

NUTRIENTS PER SERVING (1 cookie)

106 Calories, 3 g Fat, 2 g Saturated Fat, 9 mg Cholesterol, 18 g Carbohydrate, 1.5 g Fibre, 11.5 g Sugar, 2 g Protein, 57 mg Sodium, 72 mg Potassium, 10 mcg Folate, 0.5 mg Iron

INGREDIENTS

- 1 – 14 oz (398 mL) can of chickpeas, drained & rinsed (yields 1 1/4 cups/300 mL chickpeas)
- 1 cup (250 mL) brown sugar
- 1/4 cup (60 mL) butter, melted
- 1 egg
- 1 tsp (5 mL) vanilla
- 1/2 tsp (2 mL) baking soda
- 1/4 tsp (1 mL) salt
- 1 1/2 cups (375 mL) whole wheat flour
- 1/2 cup (125 mL) rolled oats
- 1 cup (250 mL) semi-sweet chocolate chips
- 1 cup (250 mL) dried cranberries or raisins



DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. In a food processor, blend chickpeas until smooth and no round peas remain.
3. In a large mixing bowl, whisk mashed chickpeas with brown sugar, melted butter, egg and vanilla.
4. In a separate bowl combine baking soda, salt, flour and oats.
5. Add dry ingredients to the chickpea mixture and stir well.
6. Add chocolate chips and cranberries or raisins, stirring to distribute throughout the mixture.
7. Drop tablespoonfuls of cookie mix on to a greased cookie sheet.
8. Bake for 10-12 minutes, until bottom of the cookie is golden.
9. Let cool slightly. Remove from cookie sheet. Cool completely and store in airtight container.

DID YOU KNOW?

pulses are:



part of the legume family and include dry peas, beans, lentils and chickpeas

packed with 9 grams of protein per 1/2 cup (125 mL) cooked serving

loaded with 8 grams of fibre per 1/2 cup (125 mL) cooked serving



rich in potassium, magnesium, zinc, iron, folate and B-vitamins

part of a sustainable crop rotation system for 6000 Alberta farmers



a low carbon footprint food because they use little to no nitrogen fertilizer to grow

learn more at

WWW.ALBERTAPULSE.COM



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