FEATURE RECIPE

ROCKIN' ROASTED PULSES

A tasty & healthy snack on their own, these deliciously roasted black beans and lentils add flavour and crunch to salads, soups or wraps and the roasted chickpeas will amp up any type of granola!

Cajun Roasted Black Beans
Prep Time: 5 minutes
Cook Time: 30 minutes
Makes: 1 ½ cups (375 mL)

Ingredients
1 540 mL can black beans, drained & rinsed
2 tsp (10 mL) canola oil

Spices
2 tsp (10 mL) chili powder
1/2 tsp (2 mL) cumin
1/4 tsp (1 mL) garlic powder
1/4 tsp (1 mL) onion powder
1/8 tsp (0.5 mL) ground cayenne, or to taste
salt & black pepper, to taste

Lime & Black Pepper Roasted Lentils
Prep Time: 5 minutes
Cook Time: 30 minutes
Makes: 1 cup (250 mL)

Ingredients
1 540 mL can green lentils, drained & rinsed
2 tsp (10 mL) canola oil

Spices
1/2 tsp (2 mL) freshly ground black pepper
Zest from 1 lime
Salt to taste
Juice from 1 lime, to add after roasting

Cinnamon & Sugar Roasted Chickpeas
Prep Time: 5 minutes
Cook Time: 45 minutes
Makes: 1 ½ cups (375 mL)

Ingredients
1 540 mL can chickpeas, drained & rinsed
2 tsp (10 mL) canola oil

Spices
2 Tbsp (30 mL) granulated sugar, or more to taste
1 ½ Tbsp (25 mL) ground cinnamon
pinch, salt

Directions
1. Preheat oven to 375°F (190°C). Position rack in middle of oven.
2. Dry pulses with a clean towel and put in a medium mixing bowl. The more you dry, the less time in the oven. For chickpeas, remove any skins that may have fallen off.
3. Add oil to pulses and toss to coat.
4. Combine spices together in a small bowl, then sprinkle spice mix over pulses and toss to coat evenly. Season black beans or lentils with salt and pepper as desired. Chickpeas will look very dark and that's OK, trust us!
5. Spread seasoned pulses on a parchment-lined baking sheet and roast in preheated oven until dry and crisp, stirring once or twice during roasting. Roast black beans for about 30 minutes, lentils for about 25-30 minutes and chickpeas for about 35-45 minutes.
6. Cool on the tray (the pulses will continue to crisp as they cool) and then serve, or once cooled, transfer to an airtight container to keep crisp. For the lentils, cool on tray slightly, then sprinkle with 1 tsp (5 mL) lime juice (or more to taste), toss and serve immediately or cool completely and store in an airtight container.

Tips
- A 540 mL can of pulses, drained and rinsed yields 2 cups (500 mL) cooked pulses.
- These pulses can be roasted up to one day ahead. They can be served at room temperature or briefly reheated, about 5 minutes at 400°F (200°C).
- These are great recipes for your air fryer! Check the user manual for the specific guidelines for roasting.
- Nutrition information for each of these recipes can be found on our website albertapulse.com/recipe.