



Cooking with PULSES

BEANS, PEAS, LENTILS & CHICKPEAS



Types of Pulses

Peas

Split Yellow Peas

Whole Green Peas

Split Green Peas

Whole Yellow Peas

Lentils

French Green Lentils

Other name:
Dark Speckled

Red Lentils

Other name: Masoor

Split Red Lentils

Other name:
Masoor dal

Large Green Lentils

Other names:
Laird-type, Masoor

Beans

Navy Beans

Other names:
White Bean, Alubias Chica

Cranberry Beans

Other names:
Romano, Speckled Sugar,
Borlotti

Red Kidney Beans

Black Beans

Other names:
Black Turtle, Preto

Great Northern Beans

Other names:
Large White,
Cannellini

Pinto Beans

Kabuli Chickpeas

Other names:
Garbanzo, Kabuli chana,
Bengal gram

Chickpeas

Desi Chickpeas

Other names:
Kala Chana and Bengal gram

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Canada's Pulse Growing Areas

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.



What are Pulses?



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.



Black Bean Burgers, page 32

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.

Pulses have additional benefits for people who:

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

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.

Pulses are included as a recommended food choice in almost all national food guides. To streamline the recommendations, an international Expert Panel of nutritional scientists/dietitians was established to develop an opinion on an amount of pulses to consume. The panel determined that consuming ½ a cup of pulses a day could provide added nutrition in the context of varied dietary patterns and nutritional challenges around the globe.

TOP 10 Ways to Eat Pulses



See tip #2 below! See page 29 for the recipe

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

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.

Health, Nutrition & Environmental Benefits



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 $\frac{1}{2}$ 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.

Visit pulses.org

for more information on pulses & to see pulse recipes from around the world



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.

Buying, Storing & Cooking Pulses

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 shriveled or broken skins or the occasional pebble or twig.
- Dry beans, whole peas and chickpeas must be soaked because their skins do not readily absorb water.
- Dry lentils and split peas do not need to be soaked - 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 saucepan is big enough, as pulses double or triple in size during cooking.
- To prevent foaming, add 1 teaspoon (5 ml) of oil to the cooking water.
- Seasonings like garlic, onion or herbs can be added while cooking pulses.
- Always cook pulses slowly, as cooking them too quickly can break the seed coats.
- Cooking time guidelines are provided on page 10. Note that cooking times may vary based on a number of factors, including age of the pulses, elevation, 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 phytohemagglutinin. This is destroyed by adequate cooking. For slow cooker recipes, pre-soaked beans should be boiled for 10-12 minutes in fresh water before adding to the crock pot.
- 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.

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

Cooking Methods & Times for Dry Pulses

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

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

PULSE PURÉE

Purées are useful for dips and some baked foods.

To make a purée:

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

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.

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 & the Gluten-Free Connection

Celiac disease is an inherited autoimmune disorder that affects 1:133* 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*

Untreated 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.

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

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. 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, entrées, soups, pastas, sauces and snack bars can be found in health food and grocery stores, as well as from online retailers.

Gluten-free grains, flours and starches

- Amaranth
- Arrowroot
- Buckwheat
- Corn
- Flax
- Indian rice grass (Montina™)
- Mesquite flour
- Millet
- Nut flours (almond, hazelnut, pecan)
- Potato flour
- Potato starch
- Pulse flours (bean, chickpea /garbanzo, lentil & pea)
- Quinoa
- Rice (black, brown, sweet, red, white & wild)
- Rice bran
- Rice polish
- Sorghum
- Soy
- Sweet potato flour
- Tapioca (cassava/manioc)

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.

If you eat rice regularly try mixing half with pulses. This will provide a complete protein as well as boost the fibre, mineral and vitamin content of your diet.

Nutritional composition of pulses and white and brown rice (per 1 cup/250 ml cooked)

Nutrients	Units	Black Beans	Navy Beans	Chickpea / Garbanzo Beans	Whole Lentils	Dehulled Split Yellow Peas	White Rice (Enriched)	Brown Rice
Protein	g	15.2	15.0	14.5	17.9	16.4	4.6	5.0
Fibre	g	15.0	19.1	12.5	16.0	16.3	1.4	3.5
Carbohydrate	g	41	47	45	40	41	41	45
Iron	mg	3.6	4.3	4.7	6.6	2.5	2.9	0.8
Calcium	mg	46	126	80	38	27	30	20
Zinc	mg	1.9	1.9	2.5	2.5	2.0	0.6	1.2
Thiamin (B1)	mg	0.42	0.43	0.19	0.34	0.37	0.34	0.19
Riboflavin (B2)	mg	0.10	0.12	0.10	0.15	0.11	0.03	0.05
Niacin (B3)	mg	0.9	1.2	0.9	2.1	1.7	3.6	3.0
Pyridoxine (B6)	mg	0.12	0.25	0.23	0.35	0.10	0.25	0.28
Folate	mcg	256	255	282	358	127	128	8

Dehulled : the outer layer (hull) is removed

Using Pulses in Gluten-Free Baked Recipes



Oatmeal-Coconut Raisin Cookies, page 44



Pizza Crust, page 28



Blueberry-Lemon Quick Bread, page 37

BENEFITS OF BAKING WITH PULSES:

- 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.

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.
- Baking recipes work best with cow's milk or milk substitutes made from coconut, hemp, nuts, rice, or soy. Fat-free or unsweetened versions of these dairy substitutes are not recommended because they lack enough oil and sugar necessary for pleasant taste and texture.
- The high moisture content of pulse purées may require longer baking times.
- Pulse flours absorb more moisture than other flours. More liquid or eggs may be necessary in baking.
- Don't leave gluten-free baked items in the pan to cool for too long. They will get a soggy bottom. Lift them out of the pan and let them finish cooling on a cooling rack.
- 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 XANTHAN GUM

Gluten-free baked goods may require xanthan gum or guar gum to prevent crumbling. These gums perform the function of gluten and are essential for success, so don't omit them.

Be sure to follow the recommended times for mixing, blending or beating. Since gluten-free baked items have no gluten, there is no worry of over-working the gluten. The extra time needed to work the batter will help the xanthan gum complete its task as a thickener and binder.

WHERE?	HOW MUCH?
Cookies	¼ tsp (1 ml) per cup (250 ml) of flour
Cakes	½ tsp (2 ml) per cup (250 ml) of flour
Muffins, Quick Breads	¾ tsp (4 ml) per cup (250 ml) of flour
Bread	1 to 1½ tsp (5 ml - 7 ml) per cup (250 ml) of flour
Pizza	2 tsp (10 ml) per cup (250 ml) of flour

- 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.



Gingerbread Cupcakes, page 43

BROWN RICE FLOUR BLEND *

- 1½ cups (375 ml) brown rice flour
 - 1½ cups (375 ml) potato starch
 - 1 cup (250 ml) tapioca flour (also called tapioca starch)
- Blend thoroughly. Store, tightly closed, in dark, dry place.

** Recipes using this flour blend are found on pages 35, 37, 38, 39 & 43*



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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



Vegetarian Choice



Gluten Friendly



High Fibre
(4 grams or more per serving)



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
- 1 ½ 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 purée until smooth.
- 2) Pour into glasses, garnish with a slice of lime & serve immediately.

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.

Nutrients Per Serving

1 cup (250 ml)

Calories	179 kcal
Total Fat	6 g
Saturated Fat	3 g
Cholesterol	1 mg
Carbohydrates	28 g
Fibre	3.8 g
Sugar	17 g
Protein	6 g
Sodium	1 mg
Potassium	424 mg



Preparation time: 5 minutes

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
- ¾ 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
Fibre	4 g
Sugar	16 g
Protein	5 g
Sodium	20 mg
Potassium	273 mg
Folate	54 mcg

Recipe is from lentils.ca



Preparation time: 5 Minutes

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.

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

Recipe is from lentils.ca



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
Fibre	8 g
Sugar	23 g
Protein	8 g
Sodium	15 mg
Potassium	125 mg

Appetizers



Preparation time: 5 minutes / Cooking time: 50 minutes



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

Roasted Chickpea Snack

Serves 8 (200 g)

4 cups (1 L) **cooked chickpeas** OR
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 onto parchment paper or greased cookie sheet.
- 3) Bake for 30 minutes. Stir.
- 4) Bake another 20 minutes, stirring every 5 minutes. Let cool and enjoy!

Tip: Baking on parchment paper controls sticking to pan.

Note: Some ovens may run hotter than others. Adjust the heat and baking time as needed.



Tex-Mex Bean Bites

Makes 24 regular bites (720 g)

6 large flour tortillas
1-19 oz can (540 ml) **red kidney, black OR pinto beans**, rinsed & drained
1 cup (250 ml) chunky medium salsa
½ tsp (2 ml) chili powder (optional)
1 cup (250 ml) low-fat cheddar or low-fat mozzarella cheese, grated
½ cup (60 ml) fresh cilantro, chopped
Sour cream (optional)

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

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

Nutrients Per Serving		
½ cup serving (25 g)		% Daily Value
Calories	128 kcal	
Protein	5 g	
Fat	7 g	11%
Saturated Fat	1 g	5%
Cholesterol	0 mg	0%
Carbohydrates	15 g	5%
Fibre	3 g	12%
Sodium	4 mg	0%
Potassium	165 mg	5%
Vitamin C	1 mg	2%
Folate	75 mcg	34%
Calcium	24 mg	2%
Iron	2 mg	14%

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

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



Preparation time: 5 minutes / Cooking time: None

Chickpea Hummus

Serves 20 (600 g)

- 2 cups (500 ml) **cooked chickpeas** **OR**
 1-19 oz can (540 ml) **chickpeas**, rinsed & drained
 ½ cup (80 ml) tahini paste
 1 garlic clove, minced
 ¼ cup (50 ml) lemon juice
 3 tbsp (45 ml) canola oil
 ½ tsp (2 ml) ground cumin
 1 tsp (5 ml) salt
 ½ cup (75 ml) water
 ½ tsp (2 ml) hot pepper sauce

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

Nutrients Per Serving

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

Hummus makes a great sandwich spread.

Tip: Tahini is sesame seed paste sold in the Middle Eastern food section of your grocery store.

Unsalted, unsweetened, peanut butter may replace tahini.

VC

GF



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

Five-Minute Dips

Serves 16 (480 g)

- 1-19 oz can (540 ml) **black or navy beans***, rinsed & drained
 ½ cup (125 ml) fat-free ranch dressing
 ½ tsp (2 ml) cumin**
 2 garlic cloves

**For lentil dip, use lentils instead of beans*

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

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

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

Nutrients Per Serving

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

Soups & Salads



Preparation time: 15 minutes / Cooking time: 30 minutes



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

Yellow Split Pea Soup

Makes 1.5 litres

- 1 tbsp (15 ml) canola oil
- ½ cup (125 ml) onions, chopped
- 1½ cups (375 ml) carrots, chopped
- 1 cup (250 ml) ham, diced
- 1½ cups (375 ml) **dry yellow split peas**, prepared according to package
- 2½ cups (625 ml) reduced sodium vegetable broth*
- 1 cup (250 ml) milk
- Dash each of nutmeg, pepper and salt.

* *Gluten friendly if you use gluten-free broth*

- 1) In a large stock pot, heat oil. Add onions and carrots and sauté vegetables until tender. Add ham and sauté until heated through.
- 2) Purée prepared split peas in blender or food processor, adding vegetable broth ½ cup at a time as needed to get puréed texture.
- 3) Add puréed peas to the stock pot, along with milk, any remaining vegetable broth, nutmeg, pepper and salt. Continue to heat until desired temperature is reached. Serve.



Beet & Bean Borscht

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

* *Gluten friendly if you use gluten-free broth*

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



A tasty and satisfying classic from Baba!

Nutrients Per Serving

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

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

Nutrients Per Serving

1 cup (250 ml)	% Daily Value
Calories	116 kcal
Protein	7 g
Fat	4 g 6%
Saturated Fat	0 g 0%
Cholesterol	0 mg 0%
Carbohydrates	15 g 5%
Fibre	5 g 20%
Sodium	109 mg 5%
Potassium	604 mg 17%
Vitamin C	9 mg 15%
Folate	70 mcg 32%
Calcium	62 mg 6%
Iron	2 mg 14%



Preparation time: 20 minutes / Cooking time: 1 hour

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
- 2 garlic cloves, diced
- 1-28 oz can (798 ml) diced tomatoes
- ½ tsp (2 ml) salt
- ¼ tsp (1 ml) pepper
- Dash cayenne pepper
- 1 bay leaf

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

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

Nutrients Per Serving

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



Preparation time: 25 minutes / Cooking time: 40 minutes

Magnificent Minestrone

Makes 6 litres

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

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

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

Nutrients Per Serving

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





Preparation time: 20 minutes



Preparation time: 25 minutes / Cooking time: None

Zesty Gazpacho

Makes 4-6 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. This will help the flavours comingle and develop. (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

¾ cup (175 ml)

Calories	110 kcal
Total Fat	6 g
Saturated Fat	1.5 g
Cholesterol	10 mg
Carbohydrates	12 g
Fibre	4 g
Sugar	5 g
Protein	4 g
Sodium	240 mg
Potassium	243 mg
Folate	68 mcg

The pureed lentils enhance the texture of the soup.

Recipe is from lentils.ca



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
1½ cups (375 ml) grape tomatoes, halved
½ cup (125 ml) green peppers, chopped
1 cup (250 ml) cucumber, diced
¼ cup (60 ml) feta cheese, crumbled
¼ cup (60 ml) fresh parsley, chopped
¼ cup (60 ml) olive oil
¼ cup (60 ml) lemon juice
1 tbsp (15 ml) dried oregano

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

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



Nutrients Per Serving

Per 2/3 cup (100 g)

% Daily Value

Calories	133 kcal	
Protein	6 g	
Fat	6 g	9%
Saturated Fat	1 g	5%
Cholesterol	4 mg	1%
Carbohydrates	15 g	5%
Fibre	3 g	12%
Sodium	112 mg	5%
Potassium	320 mg	9%
Vitamin C	14 mg	23%
Folate	110 mcg	50%
Calcium	54 mg	5%
Iron	3 mg	21%



Preparation time: 25 minutes / Cooking time: None

Chickpea Pasta Salad

Serves 13 (1.82 kg)

- 4 cups (1 L) cooked corkscrew pasta, drained and cooled
- 1-19 oz can (540 ml) **chickpeas**, rinsed and drained
- 1½ cups (375 ml) celery, chopped
- 1½ cups (375 ml) carrot, coarsely shredded
- 1½ cups (375 ml) sweet red pepper, chopped
- 4 green onions, finely chopped
- ¼ cup (60 ml) feta cheese, crumbled
- ½ cup (80 ml) light Greek salad dressing

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.

Note: Pasta mixture can be made a day in advance.

Keep in fridge overnight and toss salad with dressing before serving.

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

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

VC

HF



Preparation time: 20 minutes / Cooking time: None

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
- ¼ cup (50 ml) lime juice
- 2 medium tomatoes, chopped
- ½ cup (125 ml) onion, chopped
- 1 tsp (5 ml) ground cumin
- ½ tsp (2 ml) each salt and pepper

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

VC

GF

HF

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

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



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

VINAIGRETTE

¼ cup (60 ml) apple cider vinegar
 ¼ cup (60 ml) canola oil
 2 tbsp (30 ml) maple syrup
 1 tbsp (15 ml) whole grain mustard
 to taste salt & ground black pepper
 ¼ cup (60 ml) toasted sunflower seeds (optional)

- 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.

VC

GF

HF

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



Preparation time: 5 minutes Total time: 45 minutes

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**
- ½ cup (125 ml) red onion, minced
- ¼ cup (60 ml) dried cranberries
- ¼ cup (60 ml) chopped walnuts (optional)

DRESSING

- 1 tbsp (15 ml) canola oil
- 1 tsp. (5 ml) sesame oil
- 2 tbsp (30 ml) white wine vinegar
- ½ tsp. (2 ml) Dijon mustard
- ¼ tsp. (1 ml) dried tarragon
- to taste; cracked black pepper
- Romaine or leafy lettuce greens (optional)

- 1) Cook rice and green split 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.

Recipe is from pulse.ab.ca

Nutrients Per Serving

Per 3/4 cup (190 ml)

Calories	190 kcal
Carbohydrates	30 g
Fibre	3 g
Protein	6 g
Fat	5.5 g
Saturated Fat	0.5 g
Folate	37 mcg
Iron	1 mg
Calcium	6 mg
Potassium	230 mg
Sodium	17 mg



Preparation time: 15 minutes / Cooking time: 20 minutes

Quinoa & Lentil Salad Wraps

Serves 13 (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
- ½ head small radicchio, thinly sliced
- ¼ cup (60 ml) toasted pumpkin seeds
- 1 whole green onion, finely sliced
- 3 tbsp (45 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

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.

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

Recipe is from lentils.ca



Nutrients Per Serving

½ cup (100 g)

% Daily Value

Calories	121 kcal	
Protein	6 g	
Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Carbohydrates	22 g	7%
Fibre	5 g	20%
Sodium	43 mg	2%
Potassium	346 mg	10%
Vitamin C	8 mg	13%
Folate	99 mcg	45%
Calcium	23 mg	2%
Iron	2 mg	14%

Mains & Accompaniments



Preparation time: 5 minutes / Baking time: 10 minutes



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

Crêpes

Makes six 8-inch crêpes

- 1 egg
- ½ cup (125 ml) milk of choice
- 1 tsp (5 ml) canola oil
- 1 tbsp (15 ml) parsley, chopped
- 1 tbsp (15 ml) grated parmesan or substitute of choice
- Pinch salt and pepper
- ½ cup (125 ml) **chickpea (garbanzo) flour**

- In medium bowl, whisk egg, milk and canola oil. Continue whisking and add parsley, parmesan, salt and pepper.
- Add the chickpea flour to the egg and milk mixture and whisk until smooth with no lumps.
- 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 evenly coats the surface.
- 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!

Note: This recipe can be modified for sweet fillings such as fruit or jam. Instead of the parsley, parmesan, salt and pepper, whisk in 1 tsp (5 ml) vanilla and ¼ tsp (1 ml) ground cinnamon.

Nutrients Per Serving

1 crêpe		% Daily Value
Calories	63 kcal	
Protein	4 g	
Fat	3 g	4%
Saturated Fat	1 g	3%
Carbohydrates	6 g	2%
Fibre	1 g	4%
Sodium	100 mg	4%
Potassium	117 mg	3%
Folate	47 mcg	21%
Calcium	46 mg	4%
Iron	1 mg	7%
Thiamin	0.05 mg	4%
Riboflavin	0.08 mg	5%
Niacin	1 ne	4%
Zinc	0 mg	0%

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
- 1½ cups (375 ml) chunky salsa
- 1-12 oz can (341 ml) corn niblets, drained
- 1-19 oz can (540 ml) **black beans**, rinsed and drained
- ¼ cup (50 ml) fresh cilantro, chopped
- 4 green onions, chopped
- 1½ cups (375 ml) tomato sauce
- Dash salt and pepper
- 1 tsp (5 ml) ground cumin

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

Did you know?
Pulses are one of the most sustainable sources of protein in the world.

Nutrients Per Serving

1 cup (250 ml)		% Daily Value
Calories	116 kcal	
Protein	7 g	
Fat	4 g	6%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Carbohydrates	15 g	5%
Fibre	5 g	20%
Sodium	109 mg	5%
Potassium	604 mg	17%
Vitamin C	9 mg	15%
Folate	70 mcg	32%
Calcium	62 mg	6%
Iron	2 mg	14%



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

Preparation time: 10 minutes / Cooking time: 20 minutes

Gluten-Free Pizza Crust

Makes 1 crust (6 slices)

- 1 tbsp (15 ml) quick-rising yeast
- 1 cup (250 ml) warm milk (110°F/43°C) of choice
- 2 tsp (10 ml) sugar
- ¾ cup (165 ml) **white bean flour***
- ½ cup (80 ml) tapioca flour*
- 2 tsp (10 ml) xanthan gum
- ½ tsp (2 ml) table salt
- 1 tsp (5 ml) Italian seasoning
- 1 tbsp (15 ml) canola oil
- Rice flour for dusting
- Sauce and toppings of your choice

- 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 nonstick metal pizza pan.
- 2) In a medium bowl, whisk together white bean flour, tapioca flour, xanthan gum, 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 13 on how to correctly measure flour.*

Nutrients Per Serving

1/6 of round		% Daily Value
Calories	132 kcal	
Protein	6 g	
Fat	3 g	5%
Saturated Fat	1 g	5%
Carbohydrates	20 g	7%
Fibre	4 g	16%
Sodium	61 mg	3%
Potassium	343 mg	10%
Folate	86 mcg	40%
Calcium	93 mg	8%
Iron	1 mg	7%
Thiamin	0.15 mg	12%
Riboflavin	0.2 mg	13%
Niacin	2 ne	10%
Zinc	1 mg	11%

Black Bean Pizza

- 1 purchased thin pizza crust (12-14"/30-35 cm in diameter) OR GF Pizza Crust to the left.

- 1¼ cup (300 ml) **cooked black beans** OR
- 1 - 14 oz can (398 ml) **black beans**, rinsed and drained
- ½ tsp (2 ml) hot sauce
- ¾ cup (165 ml) chopped onion
- 1 tsp (5 ml) cumin
- 1 tsp (5 ml) chili powder
- 1 garlic clove, minced
- ½ cup (125 ml) salsa
- 1 tomato, diced
- ½ of a 10-ounce package frozen chopped spinach, thawed, drained, and squeezed dry
- 2 tbsp (30 ml) fresh parsley (or cilantro), chopped
- ½ cup (125 ml) cheddar cheese, shredded
- ½ cup (125 ml) Monterey Jack cheese, shredded

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

Nutrients Per Serving

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



Preparation time: 10 minutes / Total time: 1 hour



Preparation time: 30 minutes / Cooking time: 35 minutes

Chunky Tomato Sauce with Lentils

Serves 8-10

- 2 tbsp (30 ml) canola oil
- 2 cups (500 ml) finely chopped onion
- 4 cups (1 L) finely chopped mushrooms
- 2 tbsp (30 ml) chopped garlic
- 2 tbsp (30 ml) red wine
- 1 can (796 ml) canned diced tomatoes
- 1 can (796 ml) canned crushed tomatoes
- 1 cup (250 ml) prepared chicken or vegetable stock
- 2 tsp (10 ml) honey
- 1 sprig fresh thyme
- 1 sprig fresh rosemary
- 2 cups (500 ml) **cooked lentils**
- to taste salt and ground black pepper

- 1) In a large pot sauté the onions in oil until golden on medium heat. Add the mushrooms and garlic and sauté for another 5 minutes.
- 2) Deglaze by stirring in red wine, diced and crushed tomatoes. Add the stock, honey and fresh herbs. Simmer partially covered with a lid for 45 minutes to one hour, stirring occasionally.
- 3) Add the cooked lentils and bring to a simmer. Season to taste with salt and ground black pepper.
- 4) Serve on top of a bed of quinoa, rice or on your favourite pasta.

Nutrients Per Serving

¾ cup (190 ml) prepared

Calories	143 kcal
Total Fat	4 g
Saturated Fat	0 g
Cholesterol	1 mg
Carbohydrates	23 g
Fibre	6 g
Sugar	6 g
Protein	7 g
Sodium	145 mg

Chicken & Chickpea Stew

HF

Serves 13 (1 cup (250g))

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

Note: Dish is gluten-free when you use **gluten-free** pasta.

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

*Did you know?
In the 18th century, roasted chickpeas were said to be brewed as a substitute for coffee in Europe.*

Nutrients Per Serving

1 cup (250 g)

% Daily Value

Calories	304 kcal	
Protein	20 g	
Fat	7 g	11%
Saturated Fat	2g	10%
Cholesterol	27 mg	9%
Carbohydrates	41 g	14%
Fibre	7 g	28%
Sodium	419 mg	17%
Potassium	739 mg	21%
Vitamin C	7 mg	12%
Folate	121 mcg	55%
Calcium	128 mg	12%
Iron	4 mg	28%



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

Chicken Cassoulet

Serves 8 (2 kg)

- 1 cup (250 ml) **dry navy beans**, soaked according to package
- 8 bone-in chicken thighs
- 1 medium Polish sausage, cooked (optional)
- 1-10 oz can (284 ml) tomato juice
- 1-28 oz can (796 ml) tomatoes, halved
- 1 tbsp (15 ml) Worcestershire sauce*
- 1 tsp (5 ml) instant beef or chicken bouillon granules*
- ½ tsp (2 ml) dried basil
- ½ tsp (2 ml) dried oregano
- ½ tsp (2 ml) paprika
- ½ cup (125 ml) carrot, chopped
- ½ cup (125 ml) celery, chopped
- ½ cup (125 ml) onion, chopped

* *Gluten friendly if you use gluten-free brands*

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

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

Nutrients Per Serving

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

GF*

HF



Preparation time: 5 minutes

Gluten-Free Shake & Bake

GF

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 bean flour** or **chickpea (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

- 1) Crush the cornflakes or bread crumbs in a plastic bag with a rolling pin.
- 2) In a small bowl, whisk all the ingredients together until well blended. Pour into a shaker bag (brown paper bag or 1-gallon re-sealable plastic bag) or put the mix in a wide, shallow bowl and coat the food in it.
- 3) Preheat oven or frying oil. Moisten vegetables or meat with water.
- 4) Shake moistened vegetables or meat, 1 to 2 pieces at a time, in shaker bag. Discard any remaining mix and bag.
- 5) Fry foods or bake them at 400°F (205°C) in an ungreased or foil-lined baking pan until cooked through. Do not cover or turn food during baking.

Nutrients Per Serving

28 g (~3 tbsps)	% Daily Value
Calories	88 kcal
Protein	5 g
Fat	0 g 0%
Saturated Fat	0 g 0%
Carbohydrates	16 g 5%
Fibre	4 g 16%
Sodium	625 mg 26%
Potassium	298 mg 9%
Folate	42 mcg 19%
Calcium	50 mg 5%
Iron	1 mg 7%
Thiamin	0.2 mg 15%
Riboflavin	0.025 mg 2%
Niacin	1.3 ne 6%
Zinc	0.5 mg 6%



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



Preparation time: 10 minutes / Cooking time: 40-45 minutes

Lazy Perogy

Serves 8 (2 kg)

- 1½ cups (375 ml) potatoes, mashed
- 1½ cups (375 ml) navy, pinto, OR great northern bean purée (see page 10)
- 1 cup (250 ml) low-fat cheddar cheese, grated
- 2 cups (500 ml) cottage cheese
- 1% MF
- ¼ cup (60 ml) green onion, diced
- 1 egg, beaten
- ¼ tsp (1 ml) salt
- ½ tsp (2 ml) pepper
- 4 cups (1 L) fresh spinach, chopped
- 9 lasagna noodles, cooked
- 1½ cups (375 ml) onion, diced
- ¼ cup (60 ml) soft margarine
- ¼ lb (114 g) bacon, cooked crisp and crumbled

- 1) Preheat oven to 350°F (180°C).
- 2) Spray a 9x13 baking dish with a non-stick vegetable spray.
- 3) In a bowl combine potatoes, bean purée and Cheddar cheese. In separate bowl, combine cottage cheese, green onion, egg, salt and pepper. Add spinach and mix well.
- 4) Place lasagna noodles on the pan bottom. Spread bean mixture over first layer of noodles and cover with next layer of noodles. Spread cottage cheese mixture over second layer of noodles. Cover with the last of the noodles.
- 5) In a skillet, sauté onion in margarine until translucent. Remove from heat and spread over final layer of noodles.
- 6) Cover with foil and bake on middle oven rack for 1¼ hours.
- 7) Remove from oven and garnish with bacon. Bake uncovered for 5 minutes.
- 8) Cool for 10 min, covered, before serving. Enjoy.

Nutrients Per Serving

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

Meatloaf

Serves 4

- 1 can (8 oz) tomato sauce
- ¼ cup (60 ml) packed brown sugar
- 1 tsp (5 ml) dry mustard
- ½ tsp (2 ml) chili powder
- ¼ tsp (1 ml) ground cloves
- 1 garlic clove, minced
- 1 tbsp (15 ml) gluten-free worcestershire sauce
- 1 large egg, beaten
- ½ cup (125 ml) lentil or bean purée (see page 10)
- ½ cup (125 ml) gluten-free bread crumbs
- 1 tbsp (15 ml) dried minced onion
- ½ tsp (2 ml) table salt
- ¼ tsp (1 ml) black pepper
- 1 lb (450 g) extra-lean ground beef

- 1) Preheat oven to 350°F (180°C). Lightly grease an 8x8-inch square pan. In a small bowl, whisk together the tomato sauce, sugar, mustard, chili powder, cloves, garlic and worcestershire sauce until well blended.
- 2) In a large bowl, whisk together half of the tomato mixture, the egg, lentil or bean purée, bread crumbs, onion, salt and pepper until well blended. Add the ground beef and mix with a spatula or with your hands until well blended. Place the mixture in the pan and spread the remaining tomato mixture on top.
- 3) Bake until nicely browned or until an instant-read thermometer registers 165°F (74°C) degrees when inserted into the center of the loaf, about 40 to 45 minutes. Serve immediately.

Nutrients Per Serving

¼ pan		% Daily Value
Calories	442 kcal	
Protein	38 g	
Fat	15 g	23%
Saturated Fat	6 g	30%
Carbohydrates	38 g	13%
Fibre	3 g	12%
Sodium	828 mg	35%
Potassium	812 mg	23%
Folate	106 mcg	48%
Calcium	90 mg	8%
Iron	7 mg	50%
Thiamin	0.28 mg	21%
Riboflavin	0.38 mg	23%
Niacin	12 ne	52%
Zinc	9 mg	100%

GF



Preparation time: 15 minutes / Cooking time: 20 minutes

Black Bean Burgers

Serves 4 (1 kg)

- 1-19 oz can (540 ml) **black beans**, rinsed and drained
- 1 cup (250 ml) brown rice, cooked
- 1 small onion, chopped
- 2 green onions, chopped
- ½ tsp (2 ml) hot sauce (optional)
- 1 egg
- ¼ cup (60 ml) bread crumbs
- 6 tbsp (90 ml) salsa (divided)
- 4 hamburger buns
- ¼ cup (60 ml) low fat plain yogurt
- 4 Romaine lettuce leaves
- 1 avocado, sliced (optional)

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

Nutrients Per Serving

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



Preparation time: 25 minutes / Cooking time: 45 minutes

Bean Lasagna

Serves 8 (2 kg)

- 2 cups (500 ml) cooked **red kidney beans** OR
- 1-19 oz can (540 ml) **red kidney beans**, rinsed and drained
- ½ lb (250 g) lean ground beef
- 1 onion, chopped
- 1 garlic clove, minced
- 13 oz can (369 ml) tomato paste
- 3 cups (750 ml) water
- 1 tsp (5 ml) dried basil
- ½ tsp (2 ml) ground thyme
- ½ tsp (2 ml) ground oregano
- ½ tsp (2 ml) salt and pepper
- 1 egg, slightly beaten
- 2 cups (500 ml) 1% cottage cheese
- 8 oven-ready lasagna noodles
- 2 cups (500 ml) part-skim mozzarella cheese, shredded

- 1) Mash ¾ of the beans.
- 2) In large non-stick skillet, cook beef, onions and garlic over medium heat, about 6 minutes or until beef is no longer pink and onions are translucent. Spoon off excess fat.
- 3) Stir in mashed beans, whole beans, tomato paste, water, basil, thyme and oregano. Bring to boil, reduce heat and simmer until slightly reduced, about 15 minutes. Season with salt and pepper.
- 4) In medium bowl, combine egg with cottage cheese and mix well.
- 5) Preheat oven to 350°F (180°C).
- 6) Spread 1½ cups of meat sauce over bottom of 13x9 inch baking/lasagna dish. Set 1 cup of sauce aside. Arrange 4 lasagna noodles over sauce then coat with meat sauce again. Spread half of cottage cheese mixture over meat sauce then half of mozzarella over cottage cheese.
- 7) Repeat noodles to mozzarella layer.
- 8) Bake until noodles are tender, about 40 minutes. Let stand about 10 minutes before cutting.

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

Nutrients Per Serving

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



Preparation time: 15 minutes / Total time: 35 minutes



Preparation time: 30 minutes / Cooking time: 35 minutes

Ocean Perch with Citrus Lentil Herb Sauce

Serves 8

- ¾ cup (175 ml) chopped fresh cilantro
- ¾ cup (175 ml) chopped fresh parsley
- ½ cup (125 ml) canola oil
- ¼ cup (60 ml) **cooked red lentils**
- 1 whole jalapeño pepper
- ¼ cup (60 ml) lemon juice
- 1 tbsp (15 ml) ground cumin
- 2 tsp (5 ml) minced garlic
- to taste; salt and ground black pepper
- 8 (6 oz) ocean perch fillets
(or your favourite fish)

- 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 black 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 the fish 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

Nutrients Per Serving

1 fillet + 1/4 cup
(60 ml) sauce

Calories	300 kcal
Total Fat	16 g
Saturated Fat	1.5 g
Cholesterol	145 mg
Carbohydrates	3 g
Fibre	5 g
Sugar	0 g
Protein	24 g
Sodium	240 mg
Potassium	238 mg
Folate	48 mcg



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
- 1 sprig fresh thyme
- ½ cup (125 ml) 2% milk
- 1½ cups (375 ml) cooked **white kidney beans**,
mashed to taste salt & ground black pepper

- 1) Cover the diced potatoes with water in a medium pot. Add a dash of salt and simmer the potatoes until tender.
- 2) While the potatoes are simmering prepare the milk and bean mixture by sautéing the chopped garlic and butter in a saucepot. Add milk and fresh herbs. Add the mashed beans and season to taste with salt and black pepper. Bring the mixture back to a simmer.
- 3) Drain the hot cooked potatoes and toss in the milk/bean mixture. Whisk/mash until smooth and season to taste with salt and pepper. Enjoy!

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

Nutrients Per Serving

½ cup (125 ml)

Calories	127 kcal
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	5 mg
Carbohydrates	24 g
Fibre	5 g
Sugar	1 g
Protein	5 g
Sodium	16 mg





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

Three Bean Bake

Serves 12 (1.68 kg)



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

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

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



Preparation time: 5 minutes / Cooking time: 10 minutes

Refried Pinto Beans

Serves 3 (450 g)



- 1 tbsp (15 ml) canola oil
- ½ small onion, chopped
- 2 garlic cloves, minced
- 1 tsp (5 ml) chili powder
- 1¼ cups (475 ml) cooked **pinto beans** OR
- 1-14 oz can (398 ml) **pinto beans**, rinsed and drained
- ¾ cup (150 ml) low-sodium vegetable or chicken broth*
- Dash both salt and pepper
- ¼ cup (60 ml) chopped cilantro

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

* *Gluten friendly when you use gluten-free broth*

Nutrients Per Serving

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

Baking & Desserts



Preparation time: 10 minutes / Baking time: 20-25 minutes

Cornbread

Makes 9 servings

- 1 cup (250 ml) gluten-free cornmeal
- ½ cup (125 ml) **white bean flour**
- ½ cup (80 ml) brown rice flour blend (see page 14)
- ½ cup (80 ml) sugar
- 2 tsp (10 ml) baking powder
- 1 tsp (5 ml) xanthan gum
- ½ tsp (2 ml) table salt
- ½ tsp (dash) baking soda
- 2 large eggs, room temperature
- 1 cup (250 ml) milk of choice, room temperature
- ½ cup (125 ml) unsalted butter or buttery spread, melted

- 1) Place rack in middle of oven. Preheat oven to 350°F (180°C). Generously grease an 8-inch square nonstick metal pan.
- 2) In a medium mixing bowl, whisk together cornmeal, white bean flour, rice flour blend, sugar, baking powder, xanthan gum, salt and baking soda until well blended. Using an electric mixer on low speed, beat in eggs, milk and butter until the batter thickens slightly, about 30 seconds.
- 3) Spread the batter evenly in pan. Let stand 10 minutes.
- 4) Bake until the top is golden brown and a toothpick inserted into the center of bread comes out clean, about 25 to 30 minutes. Cool bread in a pan on a wire rack for 10 minutes, then remove bread from the pan and cool another 15 minutes on the wire rack. Cut into 9 squares and serve slightly warm.

Make sure you're measuring your flour properly for the recipes in this section.
Refer to page 13

Nutrients Per Serving

1 slice (98g)		% Daily Value
Calories	258 kcal	
Protein	6 g	
Fat	13 g	20%
Saturated Fat	7 g	4%
Carbohydrates	31 g	10%
Fibre	3 g	12%
Sodium	247 mg	10%
Potassium	230 mg	7%
Folate	31 mcg	10%
Calcium	94 mg	9%
Iron	1 mg	7%
Thiamin	0.11 mg	8%
Riboflavin	0.14 mg	9%
Niacin	2 ne	9%
Zinc	1 mg	11%



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

Baked Biscuits

Makes 15 servings (600 g)

- 1¼ cups (425 ml) all-purpose flour
- 1 tbsp (15 ml) baking powder
- 1 tbsp (15 ml) white sugar
- Dash salt
- ¼ cup (60 ml) soft margarine, unsalted
- ⅔ cup (165 ml) **lentil purée**
- ⅔ cup (165 ml) 1% milk

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

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

Nutrients Per Serving

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



Black Bean Brownies

Makes 16 servings

Preparation time: 10 minutes

Baking time: 30-35 minutes

- ½ cup (125 ml/1 stick) unsalted butter or buttery spread
- ¾ cup (185 ml/about 6 oz) bittersweet chocolate chips
- 1¼ cups (310 ml) sugar
- 3 large eggs, room temperature
- ½ cup (125 ml) **black bean flour**
- ¼ cup (60 ml) cocoa
- ½ tsp (2 ml) xanthan gum
- ½ tsp (2 ml) table salt
- ¼ cup (60 ml) chopped walnuts or pecans (optional)

- 1) Place a rack in the middle of the oven. Preheat the oven to 350°F (180°C). Line a 9x9-inch square nonstick metal baking pan with parchment paper, leaving a 2-inch overhang on all sides.
- 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. Beat in the eggs, one at a time, until well blended.
- 3) In a small bowl, whisk together the bean flour, cocoa, xanthan gum and salt 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 wet 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 overhang to transfer the brownies from the pan to the wire rack to finish cooling. Remove the parchment and cut into 16 squares.

Nutrients Per Serving

1 piece (50g)		% Daily Value
Calories	166 kcal	
Protein	3 g	
Fat	10 g	15%
Saturated Fat	6 g	29%
Carbohydrates	19 g	6%
Fibre	2 g	8%
Sodium	62 mg	3%
Potassium	130 mg	4%
Folate	18 mcg	8%
Calcium	17 mg	2%
Iron	1 mg	6%
Thiamin	0.04 mg	3%
Riboflavin	0.56 mg	4%
Niacin	0.84 mg	4%
Zinc	0.5 mg	5%



Preparation time: 15 minutes / Baking time: 2 hours

Pumpernickel Bread

Makes 12 servings (1 slice)

- 2 ¼ tsp (11 ml/1 packet) active dry yeast
- ¾ cup (185 ml) warm milk of choice (110°F/43°C)
- ½ cup (80 ml) packed dark brown sugar
- ¾ cup (185 ml) **bean purée** (see page 10)
- 2 large eggs, room temperature
- 2 tbsp (30 ml) canola oil
- 1 tsp (5 ml) grated orange rind
- 1 tsp (5 ml) apple cider vinegar
- 2 cups (500 ml) brown rice flour blend (see page 14)
- 1 tbsp (15 ml) cocoa
- 1 tbsp (15 ml) caraway seeds
- 1 tsp (5 ml) onion powder
- 1 tsp (5 ml) xanthan gum
- ¾ tsp (4 ml) table salt

- 1) Combine the yeast, 2 tsp (10 ml) of the sugar and milk. Set aside for 5 minutes. Generously grease a 9x5-inch nonstick loaf pan.
- 2) In the bowl of a heavy-duty stand mixer, combine the yeast-mixture with the remaining ingredients (including remaining sugar). Blend on medium speed for 2 minutes, scraping down the sides of the bowl with a spatula if necessary.
- 3) Place the dough in the pan and smooth the top with a wet spatula. Cover the pan lightly with foil and let the dough rise at room temperature 75-80°F (24-27°C) until it is level with the top of the pan.
- 4) Preheat the oven to 375°F (190°C). With a sharp knife, make three diagonal slashes 1/8th inch deep in the loaf so the steam can escape during baking.
- 5) Bake for 60 to 70 minutes or until an instant-read thermometer registers 210°F (100°C) when inserted into the center of the loaf. Do not under bake. Cover the bread with a foil tent after 20 minutes of baking to reduce over browning.

Nutrients Per Serving

1 slice (72g)		% Daily Value
Calories	179 kcal	
Protein	4 g	
Fat	4 g	6%
Saturated Fat	0 g	0%
Carbohydrates	34 g	11%
Fibre	2 g	8%
Sodium	176 mg	7%
Potassium	144 mg	4%
Folate	46 mcg	21%
Calcium	21 mg	2%
Iron	1 mg	7%
Thiamin	0.07 mg	5%
Riboflavin	0.1 mg	6%
Niacin	2 ne	9%
Zinc	0.6 mg	7%



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

Blueberry Lemon Quick Bread

Makes 12 servings

- ¾ cup (185 ml) **yellow pea flour**
- ¾ cup (185 ml) brown rice flour blend* (see page 14)
- ¾ cup (185 ml) sugar, plus 1 tbsp (15 ml) for topping
- 1 tbsp (15 ml) baking powder
- 1 tsp (5 ml) xanthan gum
- ¾ tsp (4 ml) table salt
- 1 cup (250 ml) milk of choice, room temperature
- ½ cup (125 ml) canola oil
- 1 tsp (5 ml) vanilla
- 2 large eggs, room temperature
- 3 tsp (15 ml) lemon zest, divided
- 1 cup (250 ml) fresh or frozen blueberries
- ½ cup (125 ml) sliced almonds, plus 1 tbsp for topping (optional)

- 1) Place rack in middle of oven. Preheat oven to 375°F (190°C). Generously grease an 8x4-inch nonstick metal loaf pan.
- 2) In a medium mixing bowl, whisk together the yellow pea flour, rice flour blend, ¾ cup sugar, baking powder, xanthan gum and salt until well blended. With electric mixer on low speed, beat in milk, oil, vanilla, eggs and 2 tsp (10 ml) zest until batter thickens slightly, about 30 seconds. Mix in blueberries and almonds (if desired).
- 3) Spread batter evenly in pan. Combine remaining sugar, lemon zest and almonds (if desired) and press on top of bread. Let stand for 10 minutes.
- 4) Bake until loaf browns and a toothpick inserted into the center comes out clean, about 55 to 60 minutes. Lay a sheet of foil over loaf after first 20 to 30 minutes to prevent over-browning. Cool bread in pan on wire rack for 10 minutes, then remove bread from pan and cool completely on the wire rack.

Nutrients Per Serving

1 slice (72g)		% Daily Value
Calories	234 kcal	
Protein	4 g	
Fat	11 g	17%
Saturated Fat	1 g	5%
Carbohydrates	31 g	10%
Fibre	2 g	8%
Sodium	259 mg	11%
Potassium	68 mg	2%
Folate	9 mcg	4%
Calcium	72 mg	7%
Iron	1 mg	7%
Thiamin	0.025 mg	2%
Riboflavin	0.1 mg	6%
Niacin	1	4%
Zinc	1 mg	11%



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

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

Pumpkin Bread

Makes 12 servings



- ¾ cup (185 ml) chickpea (garbanzo) flour
- ¾ cup (185 ml) brown rice flour blend (see page 14)
- ¾ cup (185 ml) sugar
- 2 tsp (10 ml) baking powder
- 2 tsp (10 ml) pumpkin pie spice
- 1 tsp (5 ml) xanthan gum
- ¾ tsp (4 ml) table salt
- 2 large eggs, room temperature
- 1 cup (250 ml) milk of choice, room temperature
- ¾ cup (185 ml) canned pumpkin purée (not pumpkin pie filling)
- ½ cup (125 ml) canola oil
- 1 tsp (5 ml) vanilla extract
- ½ cup (125 ml) chopped pecans (optional)

- 1) Place rack in middle of oven. Preheat oven to 350°F (180°C). Generously grease 8x4-inch loaf pan.
- 2) In a medium mixing bowl, whisk together the chickpea flour, rice flour blend, sugar, baking powder, pumpkin pie spice, xanthan gum and salt until well blended.
- 3) Add eggs, milk, pumpkin, oil and vanilla and beat with an electric mixer on low speed until blended. Increase speed to medium and beat another 30 seconds. Stir in nuts (if desired). Spread batter evenly in pan and let stand for 10 minutes.
- 4) Bake until loaf is browned and a toothpick inserted into the center comes out clean, about 55 to 60 minutes. Lay a sheet of foil over loaf after first 20 to 30 minutes to prevent over-browning. Cool in pan on a wire rack for 10 minutes, then remove bread from pan and cool completely on the wire rack.

Nutrients Per Serving

1 slice		% Daily Value
Calories	203 kcal	
Protein	3 g	
Fat	11 g	17%
Saturated Fat	1 g	6%
Carbohydrates	23 g	7%
Fibre	2 g	6%
Sodium	232 mg	10%
Potassium	136 mg	4%
Folate	38 mcg	17%
Calcium	61 mg	6%
Iron	1 mg	5%
Thiamin	0.04 mg	3%
Riboflavin	0.1 mg	6%
Niacin	1 ne	4%
Zinc	0.4 mg	4%

Banana Bread Mini Loaves

Makes 12 servings



- ¾ cup (185 ml) yellow pea flour
- ¾ cup (185 ml) brown rice flour blend* (see page 14)
- 2 tsp (10 ml) baking powder
- 1 tsp (5 ml) xanthan gum
- 1 ½ tsp (7 ml) cinnamon
- ½ tsp (2 ml) ground mace (optional)
- ½ tsp (2 ml) table salt
- ¾ tsp (2 ml) ground nutmeg
- ¾ tsp (dash) baking soda
- 2 large eggs, room temperature
- ¾ cup (165 ml) honey
- ½ cup (125 ml) canola oil
- 2 large very-ripe bananas, mashed
- 1 tsp (5 ml) vanilla
- ¾ cup (125 ml) chopped pecans (optional)

- 1) Place rack in middle of oven. Preheat oven to 350°F (180°C). Grease four 6x4-inch nonstick metal loaf pans. Pans can also be lined with parchment paper.
- 2) In a medium mixing bowl, whisk together the yellow pea flour, rice flour blend, baking powder, xanthan gum, cinnamon, mace, salt, nutmeg and baking soda until well blended.
- 3) Add the eggs, honey, oil, bananas and vanilla and beat with electric mixer on low speed just until blended. Increase speed to medium and beat another 30 seconds. Stir in nuts if desired. Spread batter evenly in pans. Let stand for 10 minutes.
- 4) Bake until loaves are browned and a toothpick inserted into center comes out clean, about 35 to 40 minutes. Lay a sheet of foil over loaves after the first 15 minutes to prevent over-browning. Cool bread in pans on a wire rack for 10 minutes, then remove bread from pans and cool completely on the wire rack.

Nutrients Per Serving

1/3 of mini loaf		% Daily Value
Calories	240 kcal	
Protein	3 g	
Fat	11 g	17%
Saturated Fat	1 g	5%
Carbohydrates	35 g	12%
Fibre	2 g	8%
Sodium	172 mg	7%
Potassium	104 mg	3%
Folate	11 mcg	5%
Calcium	38 mg	3%
Iron	1 mg	6%
Thiamin	0.025 mg	2%
Riboflavin	0.06 mg	4%
Niacin	1 ne	4%
Zinc	0.5 mg	6%



Preparation time: 10 minutes / Baking time: 20-25 minutes



Preparation time: 10 minutes / Baking time: 25-30 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)
- ¼ cup (60 ml) sugar
- 2 tsp (10 ml) baking powder
- 1 tbsp (15 ml) dried minced onion
- 1 tbsp (15 ml) grated parmesan cheese or substitute of choice
- 2 tsp (10 ml) dried oregano
- 1 tsp (5 ml) xanthan gum
- ¾ tsp (4 ml) table salt
- 1 cup (250 ml) milk of choice, room temperature
- ½ cup (125 ml) canola oil
- 2 large eggs, room temperature
- ¼ cup (60 ml) sun-dried tomatoes, chopped
- ¼ cup (60 ml) black olives, sliced

- 1) Place rack in middle of oven. Preheat oven to 375°F (190°C). Generously grease a standard 12-cup nonstick metal muffin pan.
- 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 eggs until batter thickens 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 20 to 25 minutes. Cool muffins in the pan 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.

Nutrients Per Serving

1 muffin		% Daily Value
Calories	217 kcal	
Protein	5 g	
Fat	11 g	17 %
Saturated Fat	1 g	5 %
Carbohydrates	25 g	8 %
Fibre	3 g	11 %
Sodium	310 mg	13 %
Potassium	153 mg	4 %
Folate	12 mcg	5 %
Calcium	75 mg	7 %
Iron	1 mg	7 %
Thiamin	0.04	3 %
Riboflavin	0.1 mg	6 %
Niacin	1.4 ne	6 %
Zinc	1 mg	11 %

Cranberry Orange Muffins



Makes 12 servings

- 1¼ cups (310 ml) brown rice flour blend (see page 14)
- ¾ cup (185 ml) **yellow pea flour**
- ¾ cup (185 ml) sugar, plus 2 tsp (10 ml) for topping
- 1 tbsp (15 ml) baking powder
- 1 tsp (5 ml) xanthan gum
- ¾ tsp (4 ml) table salt
- 1 cup (250 ml) milk of choice
- ½ cup (125 ml) canola oil
- 1 tsp (5 ml) pure vanilla
- 2 large eggs, at room temperature
- Zest of 1 large orange
- ½ cup (125 ml) dried cranberries
- ½ cup (125 ml) chopped pecans or walnuts (optional)

- 1) Place a rack in the middle of the oven. Preheat the oven to 375°F (190°C) degrees. Generously grease a standard 12-cup nonstick muffin pan or line with paper liners.
- 2) In a medium mixing bowl, whisk together the rice flour blend, yellow pea flour, ¾ cup (175 ml) sugar, baking powder, xanthan gum and salt until well blended. With an electric mixer on low speed, beat in the milk, oil, vanilla, eggs and zest until batter thickens 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.

Nutrients Per Serving

1 muffin		% Daily Value
Calories	251 kcal	
Protein	3 g	
Fat	11 g	17 %
Saturated Fat	1 g	5 %
Carbohydrates	36 g	12 %
Fibre	1 g	4 %
Sodium	127 mg	5 %
Potassium	96 mg	3 %
Folate	8 mcg	4 %
Calcium	68 mg	6 %
Iron	1 mg	7 %
Thiamin	0.01 mg	1 %
Riboflavin	0.08 mg	5 %
Niacin	1 ne	4 %
Zinc	0 mg	0 %



Preparation time: 12 minutes / Baking time: 40-55 minutes

Preparation time: 10 minutes / Baking time: 20-25 minutes

Breadsticks

Makes 10 breadsticks



- 1 tbsp (15 ml) instant (quick-rise) yeast
- 1½ tsp (7 ml) sugar
- 1 cup (250 ml) warm milk (110°F/43°C) of choice, plus 2 tbsp (30 ml) for brushing on top
- ½ cup (125 ml) **white bean flour**
- ½ cup (125 ml) cornstarch
- ½ cup (125 ml) parmesan cheese or substitute of choice, grated
- 1 tbsp (15 ml) olive oil
- 2 tsp (10 ml) xanthan gum
- 1 tsp (5 ml) onion powder
- ½ tsp (2 ml) table salt
- 1 tbsp (15 ml) poppy seeds

- 1) Preheat oven to 400°F (205°C) 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 13x9-inch baking sheet or line with parchment paper.
- 2) In a medium bowl, beat yeast-milk mixture, bean flour, cornstarch, parmesan cheese, oil, xanthan gum, onion powder and salt on medium speed for 30 seconds. Dough will be soft and sticky.
- 3) Place dough in 1 gallon (4 quarts or 3.75 L), heavy-duty plastic freezer bag. Snip ½-inch diagonally on corner with scissors. Squeeze dough out of plastic bag onto sheet in 12 strips, each 1-inch wide by 6 inches long. Brush breadsticks with remaining milk; sprinkle with poppy seeds.
- 4) Place in oven to rise for 20 to 30 minutes. Then, leaving breadsticks in oven, turn oven to 400°F (205°C) and bake until golden brown - about 20 minutes. Rotate cookie sheet halfway through baking to assure even browning. Cool 10 minutes on wire rack; serve slightly warm.

Nutrients Per Serving			
1 breadstick (35g)		% Daily Value	
Calories	112 kcal		
Protein	5 g		
Fat	4 g	6%	
Saturated Fat	1 g	5%	
Carbohydrates	14 g	5%	
Fibre	2 g	8%	
Sodium	174 mg	7%	
Potassium	190 mg	5%	
Folate	47 mcg	21%	
Calcium	126 mg	11%	
Iron	1 mg	7%	
Thiamin	0.08 mg	6%	
Riboflavin	0.15 mg	9%	
Niacin	2 ne	9%	
Zinc	0.7 mg	8%	

Oatmeal-Berry Bars

Makes 16 squares



- 1 cup (250 ml) **white bean flour**
- 1 cup (250 ml) pure uncontaminated rolled oats
- ½ cup (125 ml) packed dark brown sugar
- 1½ tsp (7 ml) xanthan gum
- ¾ tsp (4 ml) cinnamon
- ¼ tsp (1 ml) ground allspice
- ¾ tsp (1 ml) table salt
- ½ cup (125 ml/1 stick) unsalted butter or buttery spread, melted
- 2 tsp (10 ml) pure vanilla extract, divided
- ¾ cup (165 ml) berry preserves or berry jam

- 1) Place a rack in the middle of the oven. Preheat the oven to 350°F (180°C). 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 vanilla and mix with a spatula until crumbly. Press 1 cup (250 ml) of this mixture firmly and evenly on the bottom of the pan.
- 3) Mix the remaining tsp 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.
- 4) Bake 20 to 25 minutes or until the top is lightly browned. Cool bars in pan for 10 minutes on a wire rack. Use the foil handles to lift the bars onto a cutting board. Cool completely before cutting.

Nutrients Per Serving			
1 square		% Daily Value	
Calories	194 kcal		
Protein	4 g		
Fat	7 g	11%	
Saturated Fat	4 g	20%	
Carbohydrates	29 g	10%	
Fibre	3 g	12%	
Sodium	58 mg	2%	
Potassium	217 mg	6%	
Folate	28 mcg	13%	
Calcium	41 mg	4%	
Iron	1 mg	7%	
Thiamin	0.13 mg	10%	
Riboflavin	0.04 mg	2%	
Niacin	1 ne	4%	
Zinc	0.7 mg	8%	



Preparation time: 15 minutes / Cooking time: 30 minutes

Lentil Granola Bars

Makes 35 bars (1.05 kg)

- ¾ cup (165 ml) shredded coconut
- 2 cups (500 ml) quick-cooking rolled oats
- 1 cup (250 ml) brown sugar, lightly packed
- ¼ cup (80 ml) pellet-like bran cereal
- ½ tsp (2 ml) cinnamon
- ¾ cup (185 ml) **lentil purée**
(see page 10)
- ¼ cup (125 ml) canola oil
- 1 egg, beaten
- ½ tsp (2 ml) vanilla extract
- ¼ cup (60 ml) semi sweet chocolate chips, melted

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

- 1) Place rack in centre of oven. Preheat to 350°F (180°C).
- 2) In medium bowl, mix coconut, oats, brown sugar, bran cereal and cinnamon.
- 3) Add lentil purée, oil, egg and vanilla. Mix until dry ingredients are just moistened.
- 4) Spread over a 9 x 13-inch glass or metal baking pan with a lip. Bake 30 minutes, or until lightly browned. While bars are still warm, drizzle chocolate over top and cut into 35 bars.

Nutrients Per Serving

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



Apple Crisp

Makes 6 servings

FRUIT

- 5 large Granny Smith apples
- Zest and juice of 1 lemon
- 2 tbsp (30 ml) sugar
- 1 tsp (5 ml) vanilla extract

TOPPING

- ½ cup (125 ml) **chickpea (garbanzo) flour**
- 3 tbsp (45 ml) packed brown sugar
- 3 tbsp (45 ml) granulated sugar

- ¼ cup (50 ml) chopped walnuts (optional)
- ½ tsp (2 ml) cinnamon
- ¼ tsp (1 ml) ground nutmeg
- ⅞ tsp (dash) ground cloves
- ⅞ tsp (dash) table salt
- 6 tbsp (90 ml) unsalted butter or buttery spread
- 1 cup (250 ml) vanilla ice cream (optional)

- 1) Place a rack in the middle of the oven. Preheat the oven to 350°F (180°C). Coat an 8x8-inch (glass or ceramic) baking dish with cooking spray.
- 2) Peel, core and thinly slice the apples. In a large bowl, toss the apples with the lemon zest and juice, sugar and vanilla. Place in the baking dish.
- 3) In the same bowl, whisk the chickpea flour, brown sugar, granulated sugar, walnuts (if desired), cinnamon, nutmeg, cloves and salt with a whisk until blended. Cut in the butter with a fork until the mixture forms small clumps and sprinkle evenly over the apples.
- 4) Bake 40 to 45 minutes or until the topping is crisp and browned. Serve warm, with vanilla ice cream.

Nutrients Per Serving

1/6 of pan	% Daily Value
Calories	247 kcal
Protein	2 g
Fat	12 g 18%
Saturated Fat	7 g 35%
Carbohydrates	30 g 10%
Fibre	3 g 12%
Sodium	54 mg 2%
Potassium	209 mg 6%
Folate	25 mcg 11%
Calcium	22 mg 2%
Iron	1 mg 7%
Thiamin	0.08 mg 6%
Riboflavin	0.05 mg 3%
Niacin	1 ne 3%
Zinc	0.33 mg 4%



Preparation time: 15 minutes / Baking time: 40-45 minutes



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

Applesauce Spice Layer Cake

Makes 12 servings



- | | |
|--|--|
| 2 cups (500 ml) brown rice flour blend (see page 14) | 1 cup (250 ml) lentil purée (see page 10) |
| 1 cup (250 ml) packed brown sugar | 2 large eggs, at room temperature |
| 1 tsp (5 ml) baking soda | 1 cup (250 ml) unsweetened applesauce |
| 1 tsp (5 ml) xanthan gum | ½ cup (125 ml) canola oil |
| 1 tsp (5 ml) ground cinnamon | ¼ cup (60 ml) molasses (not blackstrap) |
| ¼ tsp (1 ml) ground allspice | 1 tsp (5 ml) vanilla |
| ¼ tsp (1 ml) ground nutmeg | Vanilla frosting (optional) |
| ⅙ tsp (dash) ground cloves | |
| ¾ tsp (4 ml) table salt | |

- 1) Place rack in middle of oven. Preheat oven to 350°F (180°C). Generously grease two 8-inch round nonstick metal pans. Line each with parchment paper or wax paper and grease again.
- 2) In medium mixing bowl, whisk together flour blend, brown sugar, baking soda, xanthan gum, cinnamon, allspice, nutmeg, cloves, and salt. Add lentil purée and eggs and beat with electric mixer on low speed until blended. Add applesauce, oil, molasses, and vanilla and beat until thoroughly blended. Spread batter evenly in pans.
- 3) Bake 25 to 30 minutes or until toothpick inserted into center of cakes 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.
- 4) Decorate with vanilla frosting if desired. Cut and serve. Refrigerate leftovers.

Nutrients Per Serving

1 slice		% Daily Value
Calories	327 kcal	
Protein	4 g	
Fat	11 g	17%
Saturated Fat	1 g	5%
Carbohydrates	55 g	18%
Fibre	3 g	12%
Sodium	243 mg	10%
Potassium	317 mg	9%
Folate	47 mcg	21%
Calcium	45 mg	4%
Iron	1 mg	7%
Thiamin	0 mg	0%
Riboflavin	0 mg	0%
Niacin	1 ne	4%
Zinc	1 mg	11%



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 |
| ¾ cup (185 ml) sugar | ½ cup (125 ml) hot water (120°F/50°C) |
| ½ cup (80 ml) cocoa | ¼ cup (60 ml) canola oil |
| ½ tsp (2 ml) baking soda | ½ tbsp (7 ml) apple cider vinegar |
| ½ tsp (2 ml) xanthan gum | ½ tbsp (7 ml) vanilla extract |
| ¼ tsp (1 ml) table salt | Powdered sugar for dusting |
| ½ cup (125 ml) black bean purée , at room temperature (see page 10) | |

- 1) Place a rack in the middle of the oven. Preheat the oven to 350°F (180°C). Generously grease an 8-inch round nonstick metal pan. Line with parchment paper.
- 2) In a medium mixing bowl, whisk together the flour blend, sugar, cocoa, baking soda, xanthan gum and salt. Add the black bean purée and egg and beat with an electric mixer on low speed until blended. Add the hot water, oil, vinegar and vanilla and beat until thoroughly blended. Spread the batter evenly in the pan.
- 3) Bake 25 to 30 minutes or until a toothpick inserted into the center of the cake comes out clean. Cool in the pan for 10 minutes on a wire rack. Remove cake from pan with a thin metal spatula, discard parchment paper and cool completely on the wire rack. Dust the tops with powdered sugar, cut each cake into 6 slices and serve.

Nutrients Per Serving

1 slice (65g)		% Daily Value
Calories	251 kcal	
Protein	3 g	
Fat	8 g	12%
Saturated Fat	1 g	5%
Carbohydrates	42 g	14%
Fibre	2 g	8%
Sodium	175 mg	7%
Potassium	106 mg	3%
Folate	27 mcg	12%
Calcium	11 mg	1%
Iron	1 mg	7%
Thiamin	0.04 mg	3%
Riboflavin	0.05 mg	3%
Niacin	1 ne	4%
Zinc	0.5 mg	6%



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

Gingerbread Cupcakes

Makes 12 cupcakes

- 1 cup (250 ml) brown rice flour blend (see page 14)
- 1 tsp (5 ml) baking soda
- 2 tsp (10 ml) ground ginger
- 1 tsp (5 ml) cinnamon
- ½ tsp (2 ml) ground cloves
- 1 tsp (5 ml) xanthan gum
- ½ tsp (2 ml) table salt
- 1 cup (250 ml) **lentil purée** (see page 10)
- 2 large eggs, room temperature
- ⅓ cup (165 ml) packed brown sugar
- ⅓ cup (80 ml) canola oil
- ⅓ cup (80 ml) molasses (not blackstrap)
- 1 tsp (5 ml) vanilla extract
- 1 tsp (5 ml) apple cider vinegar

- 1) Place rack in middle of oven. Preheat oven to 350°F (180°C). Generously grease standard 12- cup nonstick muffin pan or line with paper liners.
- 2) In a medium mixing bowl, whisk together rice flour blend, baking soda, ginger, cinnamon, cloves, xanthan gum and salt until well blended. Add the lentil purée, eggs, brown sugar, oil, molasses, vanilla and vinegar and beat with an electric mixer on low speed until blended. Divide batter evenly in muffin pan.
- 3) Bake until toothpick inserted into center of cupcakes comes out clean, about 20 to 25 minutes. Cool cupcakes in pan 10 minutes on wire rack. Remove from pan and cool completely on wire rack.

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

Nutrients Per Serving

1 cupcake		% Daily Value
Calories	224 kcal	
Protein	3 g	
Fat	8 g	12%
Saturated Fat	1 g	4%
Carbohydrates	37 g	12%
Fibre	2 g	8%
Sodium	199 mg	8%
Potassium	303 mg	9%
Folate	46 mcg	21%
Calcium	43 mg	4%
Iron	2 mg	13%
Thiamin	0.04 mg	3%
Riboflavin	0.06 mg	4%
Niacin	1 ne	4%
Zinc	0.5 mg	6%



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

Peanut Butter Cookies

Makes 32 small cookies

- 1 cup (250 ml) crunchy natural peanut butter
- 1 cup (250 ml) sugar
- 2 large eggs
- 1 tsp (5 ml) vanilla extract
- ½ cup (125 ml) **chickpea (garbanzo) flour**
- ¼ tsp (1 ml) xanthan gum
- ⅓ tsp (dash) table salt

- 1) Place a rack in the middle of the oven. Preheat the oven to 350°F (180°C). Line a 13x9-inch nonstick baking sheet with parchment paper.
- 2) In a medium bowl, beat the peanut butter, sugar, eggs and vanilla with an electric mixer on low speed until well blended. Add the 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 criss-cross marks with the tines of a fork.
- 3) Bake until the cookies are lightly browned and firm, about 12 to 15 minutes. Cool the cookies on the pan on a wire rack for 10 minutes. Transfer the cookies to the wire rack to cool completely. Repeat with remaining dough.

The name "chickpea" came from the chicken beak-like looking part of the seed.

Nutrients Per Serving

1 cookie (15g)		% Daily Value
Calories	83 kcal	
Protein	3 g	
Fat	4 g	6%
Saturated Fat	1 g	5%
Carbohydrates	8 g	3%
Fibre	1 g	4%
Sodium	14 mg	1%
Potassium	19 mg	1%
Folate	18 mcg	8%
Calcium	3 mg	0%
Iron	0 mg	0%
Thiamin	0.05 mg	4%
Riboflavin	0.015 mg	1%
Niacin	1 ne	4%
Zinc	0.07 mg	1%





Preparation time: 20 minutes / Cooking time: 15 minutes

Chocolate Chip Oat Cookies

Makes 24 cookies (360 g)



½ cup (125 ml) **canned navy beans**, rinsed and drained **OR**
½ cup (125 ml) **canned lentils**,
rinsed and drained

1 egg

2 tbsp (30 ml) canola oil

¾ cup (175 ml) brown sugar,
packed

1 tsp (5 ml) vanilla extract

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

1½ cups (325 ml) rolled oats

¾ cup (175 ml) whole wheat flour

½ tsp (2 ml) baking soda

- 1) Preheat oven to 375°F (190°C).
Line a cookie sheet with
parchment paper or lightly spray
cookie sheet with cooking spray.
- 2) In blender, purée beans with egg
until smooth.
- 3) In a medium bowl, beat canola
oil, sugar and vanilla using electric
mixer until smooth. Add bean and
egg purée and continue
beating until well combined.
- 4) Add chocolate chips (or raisins)
and oats and stir with a spoon to
combine.
- 5) Sift together flour and baking
soda over wet mixture and stir
until well combined.
- 6) Drop by rounded teaspoon,
2 inches (5 cm) apart on prepared
cookie sheet and flatten slightly.
Bake for 15 minutes.

Nutrients Per Serving

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



Preparation time: 10 minutes / Cooking time: 12 minutes

Speckled Chocolate Chip Cookies

Makes 48 cookies (360g)



1 cup (250 ml) black bean flour

½ tsp (2 ml) baking soda

Dash salt

½ cup (125 ml) unsalted butter
or buttery spread

½ cup (125 ml) sugar

¼ cup (60 ml) packed
brown sugar

1 egg

1 tsp (5 ml) vanilla extract

1 cup (250 ml) semi-sweet
chocolate chips

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

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

Nutrients Per Serving

2 cookies (15 g)	% Daily Value
Calories	251 kcal
Protein	3 g
Fat	8 g 12%
Saturated Fat	1 g 5%
Carbohydrates	42 g 14%
Fibre	2 g 8%
Sodium	175 mg 7%
Potassium	106 mg 3%
Folate	27 mcg 12%
Calcium	11 mg 1%
Iron	1 mg 7%
Thiamin	0.04 mg 3%
Riboflavin	0.05 mg 3%
Niacin	1 ne 4%
Zinc	0.5 mg 6%

The dough will seem sticky
when using bean flours.
Leave enough room in
between cookies for them to
spread out as they bake.



Preparation time: 10 minutes / Baking time: 40 minutes



Preparation time: 10 minutes / Total time: 4 hours 10 minutes

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)
- 1½ tsp (7 ml) xanthan gum
- 1 tsp (5 ml) baking powder
- ½ tsp (2 ml) table salt
- 2 large eggs, at room temperature
- ¼ cup (60 ml) unsalted butter or buttery spread, at room temperature
- Zest of 1 large orange
- 1 tsp (5 ml) anise flavoured extract
- ½ tsp (2 ml) vanilla extract
- ½ tsp (2 ml) dried apricots, finely chopped

- 1) Preheat the oven to 350°F (180°C). 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 325°F (160°C). 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.

Nutrients Per Serving

1 biscotti		% Daily Value
Calories	148 kcal	
Protein	4 g	
Fat	4 g	6
Saturated Fat	2 g	10
Carbohydrates	24 g	8
Fibre	3 g	12
Sodium	103 mg	4
Potassium	258 mg	7
Folate	34 mg	15
Calcium	53 mg	5
Iron	1 mg	7
Thiamin	0.08 mg	6
Riboflavin	0.05 mg	3
Niacin	1 ne	4
Zinc	0.45 mg	5

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
- ½ cup (85 ml) sweetened condensed milk

- 1) Place all ingredients into a blender or food processor. Puree until smooth and transfer to popsicle molds.
- 2) Freeze 4-6 hours.
- 3) 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.
- 4) Serve immediately and enjoy!

Quick Pulse Tip:
Eating pulses with a vitamin C source will help absorb more iron into the body.

Recipe is from www.lentils.ca

Nutrients Per Serving

1 popsicle	
Calories	140 kcal
Total Fat	6 g
Saturated Fat	4 g
Cholesterol	10 mg
Carbohydrates	19 g
Fibre	3 g
Sugar	14 g
Protein	6 g
Sodium	35 mg
Potassium	143 mg
Folate	33 mcg

Pulse Canada

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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To learn more about Pulse Canada, visit our website at **www.pulsecanada.com**

This initiative has been made possible through Growing Forward 2, a federal-provincial-territorial initiative



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