

Beans & Rice Master Mix

Prep Time: 20 minutes

Cook Time: 15 - 20 minutes

Total Time: 35 – 40 minutes

Makes: 4 cups (1 L)

Ingredients

1 Tbsp (15 mL) canola oil

1 lb (500 g) ground beef, pork, chicken, turkey or crumbled tofu

1/2 cup (125 mL) uncooked, brown rice

2 cloves garlic, minced

1 sweet red or yellow pepper, diced

1 large yellow onion, diced

1 medium zucchini, grated

1 can (19 oz/540 mL) black beans or pinto beans, drained & rinsed (yields 2 cups/500 mL)

1 cup (250 mL) salsa (heat level to taste)

1 ½ cups (375 mL) beef or vegetable broth

1 cup (250 mL) canned or frozen kernel corn



Directions

1. In a large heavy bottomed skillet, heat oil over medium.
2. Brown ground meat or tofu. Add brown rice and cook for 2 minutes.
3. Add garlic, pepper, onion, zucchini and continue cooking, stirring until onion is soft.
4. Stir in beans, salsa and broth, cover and cook until rice is tender, about 15 minutes. Mixture will be thick.
5. Add corn, heat through and serve!
6. Use in wraps, tacos, quesadillas, enchiladas, nachos, chili, soups and more or cool mixture and pack into desired serving sizes and freeze for later use.

Tips

- This recipe freezes well; portion into airtight containers and freeze for up to 3 months.
- A can (19 oz/540 mL) of mixed beans is a great substitution if you prefer a variety of beans.
- Want more heat? Add a few hot pepper flakes or a dash of Tabasco sauce along with the salsa!

Nutrients per serving using ground beef (1/2 cup/125 mL)

286 Calories, 10 g Fat, 3 g Saturated Fat, 37 mg Cholesterol, 30 g Carbohydrate, 6 g Fibre, 5 g Sugars, 20 g Protein, 497 mg Sodium, 659 mg Potassium, 42 mcg Folate, 3 mg Iron

Black Bean Brownies

Prep Time: 10 minutes

Bake Time: 30 minutes

Total Time: 50 minutes

Makes: 32 brownies

Ingredients

2/3 cup (150 mL) all-purpose flour

Pinch salt

1/2 tsp (2 mL) baking powder

1/2 cup (125 mL) cocoa

1/2 cup (125 mL) soft margarine

1 ½ cups (375 mL) sugar

1 cup (250 mL) cooked or canned black beans, drained & rinsed

4 eggs

1 tsp (5 mL) vanilla



Directions

1. Preheat oven to 350°F (180°C).
2. Lightly oil or line with parchment paper a 9 x 13-inch (23 x 33 cm) pan.
3. Mix flour, salt and baking powder together in a medium sized bowl.
4. In a 4 cup (1 L) food processor, combine cocoa, margarine, sugar, black beans, eggs and vanilla. Blend until well mixed with little to no bean texture left.
5. Stir wet mixture into dry ingredients until moist. Pour the batter into the prepared pan.
6. Bake for 30 minutes or until a knife comes out cleanly. Cool in pan on wire rack for 10-15 minutes, then remove from pan to cool completely for storage. Can be eaten warm or cold. Store these moist brownies in an airtight container in the refrigerator.

Tips

- Canned black beans tend to blend the best as the skins on the beans are quite soft. If you are cooking black beans from dry, cook them until they are very soft.
- For an extra taste of chocolate, sprinkle some mini chocolate chips on top before putting in the oven!
- Store any leftover canned black beans in an airtight container for 3 days in the refrigerator or up to 6 months in the freezer.

Nutrients per serving (1 brownie)

95 Calories, 4 g Fat, 1 g Saturated Fat, 24 mg Cholesterol, 14 g Carbohydrate, 1 g Fibre, 10 g Sugars, 2 g Protein, 58 mg Sodium, 54 mg Potassium, 22 mcg Folate, 0.5 mg Iron



Chickpea Hummus

Prep Time: 5 minutes

Total Time: 5 minutes

Makes: 2 ½ cups (625 mL)

Ingredients

2 cups (500 mL) cooked chickpeas (see tips)

1/3 cup (75 mL) tahini

1 clove garlic, minced

1/4 cup (60 mL) fresh lemon juice

3 Tbsp (45 mL) canola oil

1/2 tsp (2 mL) ground cumin

1/2 tsp (2 mL) salt (more or less to taste)

1/3 cup (75 mL) water

1/2 tsp (2 mL) hot pepper sauce

Crackers, naan, pita bread, or fresh veggies for dipping



Directions

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. You might need more than the 1/3 cup (75 mL) water to reach the desired texture.
3. Add hot pepper sauce to your liking.
4. Transfer to a bowl and serve with crackers, naan or pita cut into wedges and assorted fresh vegetables.

Tips

- A 19 oz (540 mL) can of chickpeas, drained and rinsed yields 2 cups (500 mL) cooked chickpeas.
- Hummus makes a great sandwich spread.
- Tahini is a sesame seed paste sold in the Middle Eastern food section of your grocery store.
- Unsalted, unsweetened peanut butter may replace tahini.

Nutrients per serving (1/4 cup/60 mL)

129 Calories, 9 g Fat, 1 g Saturated Fat, 0 mg Cholesterol, 10 g Carbohydrate, 2 g Fibre, 1 g Sugars, 4 g Protein, 202 mg Sodium, 169 mg Potassium, 28 mcg Folate, 1 mg Iron

Chocolate Chip Oat Cookies

Prep Time: 20 minutes

Bake Time: 10 minutes

Total Time: 30 minutes

Makes: 24 Cookies

Ingredients

1/2 cup (125 mL) cooked white beans or lentils (see tips)

1 egg

3 Tbsp (45 mL) canola oil

3/4 cup (175 mL) packed brown sugar

1 tsp (5 mL) vanilla

1/2 cup (125 mL) semi-sweet chocolate chips

1 1/3 cup (325 mL) regular rolled oats

3/4 cup (175 mL) whole wheat flour

1/2 tsp (2 mL) baking soda



Directions

1. Preheat oven to 375°F (190°C). Line 2 cookie sheets with parchment paper or lightly spray cookie sheets with cooking spray.
2. In a food processor or blender, purée beans (or lentils) with egg until smooth.
3. In a medium bowl with an electric mixer, beat canola oil, sugar and vanilla until smooth. Add bean and egg purée and continue mixing until well combined.
4. Add chocolate chips (or raisins) and oats and use wooden spoon to combine. Sift together flour and baking soda over wet mixture and stir until well combined.
5. Drop by rounded tablespoon, 2 inches (5 cm) apart on prepared cookie sheet and flatten slightly. Bake for 8-10 minutes. Do not overbake or cookies will be dry. Let cool on pan for 2 minutes and then transfer to cooling rack. Store in airtight container.

Tips

- You can use canned beans or lentils! After draining and rinsing, you'll get 1 1/4 cups (300 mL) cooked beans/lentils from a 14 oz (398 mL) can or 2 cups (500 mL) cooked beans/lentils from a 19 oz (540 mL) can, drained and rinsed.
- White beans include Great Northern, navy, cannellini or white kidney.
- Leftover canned beans or lentils can be stored in an airtight container in the refrigerator for 1-3 days or frozen for up to 6 months.
- Substitute the chocolate chips with raisins to make Oatmeal Raisin Cookies!

Nutrients Per Serving (1 cookie)

104 Calories, 4 g Fat, 1 g Saturated Fat, 8 mg Cholesterol, 16 g Carbohydrate, 1 g Fibre, 9 g Sugars, 2 g Protein, 27 mg Sodium, 80 mg Potassium, 11 mcg Folate, 1 mg Iron



Cranberry Orange Muffins

Prep Time: 15 minutes

Bake Time: 25 minutes

Total Time: 40 minutes

Makes: 12 muffins

Ingredients

2 cups (500 mL) all-purpose flour

1 ½ tsp (7 mL) baking powder

Dash salt

1/2 cup (125 mL) margarine

3/4 cup (175 mL) granulated sugar

2 eggs

1 cup (250 mL) lentil purée (see tips)

3/4 cup (175 mL) orange juice

zest of whole orange

1 ¼ cups (300 mL) whole cranberries, fresh or frozen



Directions

1. Preheat oven to 375°F (190°C). Prepare muffin tins with large muffin cup liners or lightly grease sides of tin.
2. In a medium bowl, stir together flour, baking powder and salt.
3. In a mixing bowl, blend together margarine, sugar and eggs. Add lentil purée, orange juice and zest.
4. Fold in dry ingredients to until just blended, then add cranberries.
5. Spoon mixture into prepared muffin tin, filling cups three-quarters full.
6. Bake 20-25 minutes or until toothpick inserted in center of muffins comes out clean.
7. Remove from oven and let cool in pan for 5-10 minutes, then remove muffins and let cool completely on wire rack.

Tips

- Lentil purée: drain and rinse 1 can (19 oz/540 mL) lentils. Place in food processor and add ½ cup (125 mL) hot water, and blend until smooth and the consistency of canned pumpkin. Add additional water 1 Tbsp (15 mL) at a time if more moisture is needed to reach the proper consistency.
- Store unused lentil purée an airtight container for 1 to 3 days in the refrigerator or freezer for up to 6 months.
- Lentil purée can be used in other baking recipes or added to soups, stews or chili for thickening as well as added protein and fibre.

Nutrients Per Serving (1 muffin)

251 Calories, 9 g Fat, 1 g Saturated Fat, 31 mg Cholesterol, 37 g Carbohydrate, 2 g Fibre, 15 g Sugars, 5 g Protein, 169 mg Sodium, 154 mg Potassium, 109 mcg Folate, 2 mg Iron



Green Split Pea & Cauliflower Soup

Prep Time: 20 minutes

Cook Time: 30-40 minutes

Total Time: 50 – 60 minutes

Makes: 4 – 6 servings

Ingredients

2 Tbsp (30 mL) canola oil, cold pressed if available

2-3 cloves garlic, minced

1 yellow onion, diced

4 cups (1 L) chopped fresh or frozen cauliflower

1/2 cup (125 mL) dry green split peas, rinsed & drained

1 tsp (5 mL) dried thyme leaves

4 cups (1 L) low sodium vegetable or chicken broth

Salt & freshly ground pepper to taste

1/3 cup (75 mL) crumbled Old Cheddar cheese, or Blue if desired

Drizzle of cold pressed canola oil, if available



Directions

1. In a large heavy saucepan or Dutch oven, heat canola oil over medium temperature. Add garlic and onion, sauté until caramelized and fragrant, about 3-5 minutes.
2. Stir in cauliflower, split peas, thyme and broth. Cover and simmer for 20 minutes, or until peas are tender, may require another 5-10 minutes.
3. Remove from heat. Carefully ladle into a blender or use an immersion blender or potato masher in the pot to blend mixture to a chunky texture.
4. Return to saucepan, if necessary, and heat to a simmer. Season to taste.
5. Serve with crumbled cheese and a drizzle of cold pressed canola oil if desired.

Tips

- Cold pressed canola oil adds a nice richness to the flavour of this soup. Regular canola oil works well, or you can use your favourite olive oil.
- This is a nice light version of traditional green split pea soup with the addition of cauliflower. A great way to get more vegetables in your diet!
- Broccoli can be substituted for cauliflower, or you can do a mix of both!
- Crumbled Blue cheese can be substituted for the Old Cheddar cheese.
- This soup freezes well for up to 3 months. Skip adding the cheese until you are going to serve it.

Nutrients per serving (2 cups/500 mL)

247 Calories, 11 g Fat, 3 g Saturated Fat, 9 mg Cholesterol, 26 g Carbohydrate, 4 g Fibre, 6 g Sugars, 14 g Protein, 646 mg Sodium, 833 mg Potassium, 145 mcg Folate, 3 mg Iron

Hoisin Turkey & Lentil Lettuce Wraps

Prep time: 10 – 15 minutes

Cook time: 15 minutes

Total time: 20 – 30 minutes

Makes: 6 servings

Ingredients

canola oil, for cooking
1 lb (500 g) ground turkey, chicken, beef or pork
1 red bell pepper, cored & diced
2 cloves garlic, minced
1 Tbsp (15 mL) fresh ginger, grated
1/4 cup (60 mL) cilantro stems, chopped
1/4 cup (60 mL) dry red lentils
1/3 cup (75 mL) water
1/3 cup (75 mL) hoisin sauce
1 Tbsp (15 mL) soy sauce
2-3 green onions, chopped
1 head butter, romaine, or leaf lettuce, cored and leaves separated
peanuts & fresh cilantro for garnish (optional)



Directions

1. Heat a drizzle of oil over medium-high heat in a large, heavy skillet.
2. Add the ground turkey and red pepper and cook, breaking up with a spoon until the meat is no longer pink.
3. Add the garlic, ginger, cilantro and lentils and cook, stirring, for one minute.
4. Stir in water, cover and simmer for 10 minutes, stirring occasionally until the lentils are tender, any excess moisture has been absorbed and the meat has started to brown.
5. Add hoisin sauce, soy sauce and green onions. Cook for another minute or two, stirring to coat well and heat through.
6. Serve turkey-lentil mixture in bowl with lettuce leaves for filling. Top with chopped peanuts and fresh cilantro if desired. Serve with extra hoisin sauce on the side if desired.

Tips

- You can make this a gluten-free recipe by using gluten-free hoisin sauce and substituting tamari for the soy sauce. Pulses are naturally gluten-free.

Recipe courtesy lentils.org

Nutrients per serving (1/6 of recipe)

195 Calories, 6 g Fat, 2 g Saturated Fat, 78 mg Cholesterol, 14 g Carbohydrate, 2 g Fibre, 6 g Sugars, 20 g Protein, 389 mg Sodium, 439 mg Potassium, 79 mcg Folate, 2 mg Iron



Lentil Salsa

Prep time: 15 minutes

Total time: 2-3 hours

Makes: 3 cups (750 mL)

Ingredients

2 medium tomatoes, finely diced
1 cup (250 mL) finely chopped onion
1 whole jalapeno, finely diced (see tips)
1 cup (250 mL) cooked green lentils, (see tips)
2 Tbsp (30 mL) finely chopped cilantro
1 Tbsp (15 mL) red wine vinegar
1 Tbsp (15 mL) lime juice
2 garlic cloves, minced
1/2 tsp (2 mL) salt



Directions

1. In a large bowl, combine tomatoes, onion, jalapeno, lentils, cilantro, vinegar, lime juice, garlic and salt. Mix well.
2. Cover and chill 2 to 3 hours. Serve at room temperature with crackers or tortilla chips.

Tips

- For a less spicy salsa, use ¼ - ½ cup (60 – 125 mL) chopped green, orange or yellow pepper instead of the jalapeno pepper.
- Wear latex or rubber gloves when handling the jalapeno peppers as the oils and seed sin the jalapeno can irritate your skin. Make sur you avoid touching your eyes, nose, or mouth to prevent any irritation, and wash your hands with soap and water when you are done working with the pepper.
- You can use canned lentils! After draining and rinsing, you'll get 1 1/4 cups (300 mL) cooked lentils from a 14 oz (398 mL) can or 2 cups (500 mL) cooked lentils from a 19 oz (540 mL) can. Store any leftover lentils in an airtight container for up to 3 days in the refrigerator or 6 months in the freezer.
- Although the flavour improves the longer it sits, this salsa tastes great right after it's made too!

Nutrients per serving (1/4 cup/60 mL)

32 Calories, 0 g Fat, 0 mg Saturated Fat, 0 mg Cholesterol, 6 g Carbohydrate, 1 g Fibre, 1.5 g Sugars, 2 g Protein, 82 mg Sodium, 145 mg Potassium, 39 mcg Folate, 1 mg Iron

Masala Chickpea, Mango & Spinach Salad

Prep time: 20 minutes

Total time: 20 minutes

Makes: 5½ cups (1.4 L)

Ingredients

- 2 cups (500 mL) cooked chickpeas (see tips)
- 2 cups (500 mL) diced fresh or frozen mango
- 1 cup (250 mL) fresh chopped spinach
- 1/4 cup (60 mL) finely diced white or red onion
- 1/4 cup (60 mL) diced red bell pepper
- 1/2 cup (125 mL) plain yogurt
- 4 tsp (20 mL) liquid honey (or less as desired)
- 4 tsp (20 mL) lime juice
- 2 tsp (10 mL) chaat masala or garam masala seasoning spice or curry powder

Directions

1. In a medium sized bowl, lightly toss together chickpeas, mango, spinach, onion and pepper.
2. In separate bowl combine yogurt, honey, lime and seasoning. Pour over salad ingredients and mix together.
3. Serve with warm naan or pita if desired!

Tips

- A 19 oz (540 mL) can of chickpeas, drained and rinsed, yields 2 cups (500 mL) cooked chickpeas.
- Frozen mango works just as well as fresh in this recipe and there's no waste! Thaw the mango completely before adding to the salad, so the dressing won't become too thin.
- You can substitute apples or peaches for the mango.
- You can add 1 cup (250 mL) cooked, diced or shredded chicken to this salad if desired; this is a great recipe to use up any leftover chicken you may have in the fridge.
- Much of the sugar in this recipe is naturally occurring from the fruit and vegetables. The overall sweetness of the recipe can be altered by adjusting the amount of honey added.
- Paprika, turmeric or chili powder can be used instead of the masala seasoning or curry powder.

Nutrients per serving (1/4 of recipe, about 1 cup/250 mL)

225 Calories, 2 g Fat, 1 g Saturated Fat, 2 mg Cholesterol, 45 g Carbohydrate, 6 g Fibre, 24.5 g Sugars, 10 g Protein, 267 mg Sodium, 634 mg Potassium, 88 mcg Folate, 2 mg Iron



Pina Colada White Bean Smoothie

Prep Time: 5-10 minutes

Total Time: 5-10 minutes

Makes: 7 cups (1.75 L)

Ingredients

2 cups (500 mL) pineapple juice

1 can (398 mL) light coconut milk

1/2 cup (125 mL) mashed ripe banana

1 ½ cups (375 mL) crushed ice

1/2 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 or canned white beans, drained & rinsed well



Directions

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

Recipe Tips:

- White beans to use include navy, Great Northern, white kidney or cannellini beans.
- The sweetness, acidity and texture can be adjusted by adding more or less 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 may separate. If this occurs, blend or stir it quickly before serving.
- Didn't use all the canned beans? Freeze the leftovers by placing them in a freezer bag or airtight container and freeze for up to 6 months. Now you have an easy and nutritious ingredient to add to your stews and chilis!

Nutrients per serving (1 cup/250 mL)

179 Calories, 6 g Fat, 3 g Saturated Fat, 1 mg Cholesterol, 28 g Carbohydrate, 4 g Fibre, 17 g Sugars, 6 g Protein, 18 mg Sodium, 424 mg Potassium



Spiced Carrot Softies

Prep Time: 10 – 15 minutes

Bake Time: 10 – 12 minutes

Total Time: 20 – 30 minutes

Makes: 36 cookies

Ingredients

3/4 cup (175 mL) cooked white beans (see tips)

3 Tbsp (45 mL) hot water

1 Tbsp (15 mL) canola oil

3/4 cup (175 mL) brown sugar, packed

2 eggs

1 ½ cups (375 mL) carrots, grated & loosely packed

2 cups (500 mL) whole-wheat flour

1 tsp (5 mL) baking powder

1/2 tsp (2 mL) baking soda

1 tsp (5 mL) cinnamon

1/2 tsp (2 mL) nutmeg



Directions

1. Preheat oven to 350°F (180°C).
2. Place beans in a food processor, add the hot water and puree until mixture is smooth and the consistency of canned pumpkin. Remove bean puree and place in a medium sized bowl.
3. Blend together bean puree and canola oil. Add brown sugar and eggs and cream together until smooth. Blend in grated carrots.
4. In a separate bowl, mix together flour, baking powder, baking soda and spices. Add dry ingredients to wet ingredients and mix until combined. Drop by spoonfuls onto greased or parchment lined cookie sheet. Bake for 8-10 minutes or until cookie springs back gently when pressed slightly. Do not overbake or cookies will be dry.
5. Let cool slightly. Remove from cookie sheet. Cool completely and store in an airtight container.

Tips

- White beans include white kidney, cannellini, Great Northern or navy beans.
- You can use canned beans! After draining and rinsing, you'll get 1 1/4 cups (300 mL) cooked beans from a 14 oz (398 mL) can and 2 cups (500 mL) cooked beans from a 19 oz (540 mL) can. Leftover beans can be stored in an airtight container for up to 3 days in the refrigerator or 6 months in the freezer.
- Feel free to increase the cinnamon and nutmeg if desired.
- You can also add 1/2 cup (125 mL) raisins or chopped dates when mixing in the grated carrot into the mix.
- For a special treat, spread a small amount of cream cheese icing on top of the cooled cookies for a mini carrot cake treat!

Nutrients per serving (1 cookie)

57 Calories, 1 g Fat, 0 g Saturated Fat, 11 mg Cholesterol, 11 g Carbohydrate, 1 g Fibre, 5 g Sugars, 2 g Protein, 31 mg Sodium, 60 mg Potassium, 13 mcg Folate, 0.5 mg Iron