



# EASY PEAS-y

COOKBOOK FOR KIDS

Pulse-powered recipes for kids of all ages

get joyful!

Created by Emily Mardell and Jessica Musslewhite

IN PARTNERSHIP WITH ALBERTA PULSE GROWERS

GetJoyfull is rooted in helping families find simple, yummy recipes that inspire easy peas-y kitchen fun, and a joyful relationship with food.

Planting seeds to raise healthy eaters starts in the garden, and flourishes in the kitchen. Time spent cooking together, exploring new ingredients, and sharing family meals is a tried & true recipe to grow joyful, food-confident kids.

Joyfully,  
Emily

getjoyfull

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[www.getjoyfull.com](http://www.getjoyfull.com)

# Table of Contents



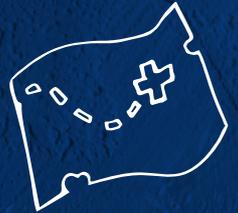
#3

What are Pulses?

#4

The Power of Pulses

## ★ Lil' Explorers



#7 Critter Fritters (chickpea flour)

#9 Chicken-Lentil Dippers (dry red split lentils)

#11 Lil' Apple Bites (peabutter)

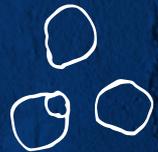
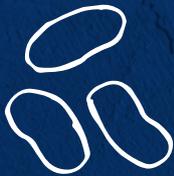
## ★ Budding Chefs



#15 Pizzalicious Poppers (chickpeas)

#17 Handy Dandy Hand Pies (black beans)

#19 Mighty Muffins (black beans)



## ★ Keener Beaners



#23 Curry in a Hurry (dry green lentils)

#25 Keen-for-the-Bean Smoothies  
(great northern beans)

#27 Chocolate Chickpea Dip (chickpeas)

#29 Baking with Pulses

#30 Buying & Storing Pulses

#31 How to Prepare Pulses

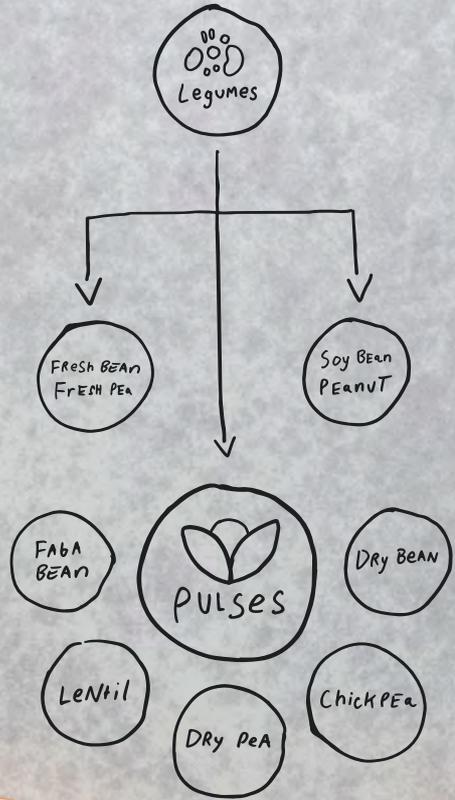
#33 Contributors

# What are Pulses?

**Pulses are the dry edible seeds of pod plants in the legume family. A legume is any plant that grows in pods.**

**The legume family is divided into three categories:**

1. Soybeans and peanuts contain protein and fibre, but they are not pulses because of their high fat content.
2. Fresh green beans, yellow beans, and garden peas are not pulses because they have a high moisture content, are lower in protein and fibre, and are harvested fresh, instead of dry.
3. Pulses are high in protein and fibre, but low in fat. They are harvested dry and include dry peas, dry beans, lentils, chickpeas, and faba beans.



# The Power of Pulses



The word “pulse” comes from the Latin word “puls”, which means potage or thick soup.

Pulses like black beans have 9 grams of protein and 8 grams of fibre per ½ cup (125 mL) cooked serving



Pulses like chickpeas and split peas are rich in potassium, magnesium, zinc, iron, folate and B-vitamins

Green and yellow split peas and whole and split lentils do not need to be soaked before cooking



Add cooked pulses to your soups, stews, chilis, salads and burgers to increase protein and fibre



Alberta pulse farmers grow:

green & yellow peas  
red & green lentils  
pinto, black & great northern beans  
kabuli chickpeas



Remi, 3

# Lil' ExplorERS

Fun recipes that help kids to take the lead on eating, and find adventure in every bite.





Fruits like kiwi, oranges, and berries are bursting with vitamin C, which is a key nutrient shown to help little ones absorb more plant-based iron!

Did you know? Chickpea or garbanzo bean flour boasts 8 grams of fibre and 7 grams of protein per ¼ cup! Make it a pantry staple, and try adding it to homemade muffins, waffles, or crackers.

tips



# Critter FRITTERS

Chickpea  
Flour

MAKES 12

Fluffy, protein-packed pancakes for little hands to hold and enjoy.

**INGREDIENTS** 3 cups (750 mL) frozen green peas, divided | green onion  
3 eggs 2 Tbsp (30 mL) fresh parsley, chopped | 1 cup (250 mL) chickpea flour  
1 tsp (5 mL) baking powder 1/3 cup (75 mL) ricotta cheese  
1/2 cup (125 mL) hemp hearts 2 Tbsp (30 mL) canola oil

**DIRECTIONS** #1 Steam frozen peas for 2 minutes. Drain.

#2 In a food processor, add 1 1/2 (375 mL) cups steamed peas, eggs, onion, parsley, chickpea flour, and baking powder. Pulse to combine.

#3 Transfer mixture to a medium bowl and gently fold in remaining peas, ricotta, and hemp hearts.

#4 Lightly coat a cast-iron skillet with canola oil set on medium heat. Drop small dollops of batter into skillet. Gently flatten with a spatula. Cook fritters for 2-3 minutes per side or until golden and fluffy.

#5 Serve with a side of fresh fruit.

**NUTRIENTS PER SERVING (1 fritter)**

Calories 118 Fat 6 g Cholesterol 50 mg Carbohydrate 10 g Fibre 2 g  
Sugar 3 g Protein 8 g Sodium 90 g Potassium 14 g Iron 2.2 mg



# Chicken -Lentil DIPPERS

Dry  
Red  
Split  
Lentils  
MAKES 16



Crispy tender dippers loaded with lentils, veggies, and cheese. Ready for dipping!

- ★ INGREDIENTS**  $\frac{3}{4}$  cup (175 mL) dry red split lentils, rinsed & drained  
2  $\frac{1}{4}$  cup (560 mL) water | 1 lb (454 g) ground chicken  
2 cups (500 mL) finely grated carrot | 1 tsp (5 mL) garlic powder  
 $\frac{1}{2}$  cup (125 mL) grated cheddar cheese | 1 tsp (5 mL) onion powder  
1 Tbsp (15 mL) canola oil | 1 cup (250 mL) panko breadcrumbs

**#1** Add dry rinsed lentils to a medium stock pot with the water. Bring to a gentle boil and cook for 10 minutes until tender. Drain.

## DIRECTIONS

**#2** In a large bowl with a wooden spoon or clean hands, mix cooked lentils, carrot, chicken, cheese, and spices until well combined.

**#3** Form mixture into 16 small balls and roll in breadcrumbs. Gently form into dippers.

**#4** Preheat skillet on medium heat and add oil.

**#5** Add dippers to pan. Cook 4–6 minutes per side until cooked through and golden brown.

**#6** Serve with your favourite dipping sauce.

9

### NUTRIENTS PER SERVING (1 dipper)

Calories 90 Fat 4 g Cholesterol 23 mg Carbohydrate 6 g Fibre 1 g  
Sugar 1 g Protein 7 g Sodium 96 mg Potassium 83 mg Iron 1 mg





**tips**

Bake a double batch. Reheat  
dippers from frozen at  
375°F for 10 minutes.

Recipe Hack: Cool dough in refrigerator for 15 minutes after mixing. This will make it a little easier for little hands to roll.

Did you know? Peabutter is made from brown peas and is peanut, nut, and soy free.

## tips

Roll with it.  
There's magic in the mess!



# Lil' Apple

## BITES

MAKES 24

No-bake bites bursting with sweet fruit and warm spices.

### INGREDIENTS

- 3 granny smith apples, unpeeled & grated
- 1/2 cup (125 mL) pitted prunes (about 8 prunes)
- 1/2 cup (125 mL) hot water
- 1/2 cup (125 mL) peabutter
- 2 cups (500 mL) rolled oats
- 1 Tbsp (15 mL) chia seeds
- 1 tsp (5 mL) vanilla
- 1 tsp (5 mL) ground cinnamon
- 1/2 tsp (2 mL) ground nutmeg

### DIRECTIONS

- #1 In a medium bowl, microwave grated apple for 90 seconds on high. Set aside to cool.
- #2 Soak pitted prunes in hot water and let stand for 5 minutes.
- #3 Purée soaked prunes in a food processor until smooth.
- #4 Add puréed prunes and remaining ingredients to bowl with cooked apples. Mix with wooden spoon until well combined.
- #5 Roll into 24 bites. Refrigerate in an airtight container for up to one week.

#### NUTRIENTS PER SERVING (1 bite)

Calories 79 Fat 3 g Cholesterol 0 mg Carbohydrate 12 g Fibre 2 g  
Sugar 4 g Protein 2 g Sodium 1 mg Potassium 74 mg Iron 1 mg





Cela, 7

# Budding Chefs

Hands-on recipes that empower kids to enjoy cooking and plan ahead for healthy eating.





Recipe Hack: Swap chickpeas with any cooked or canned pulse. Roasted pinto beans or black beans are equally scrumptious!

Did you know? A 19 oz (540 mL) can of chickpeas when drained and rinsed yields 2 cups (500 mL) of cooked chickpeas.

# Pizzalicious Poppers

Chickpeas  
MAKES 2 CUPS  
(500 mL)

Popping with flavour, this school-safe snack is a lunchbox favourite!

## ★ INGREDIENTS

- 1 can (19 oz/540 mL) no salt added chickpeas, drained & rinsed
- 1 Tbsp (15 mL) canola oil
- 1 Tbsp (15 mL) Italian seasoning
- ½ tsp (2 mL) garlic powder
- Salt & pepper to taste

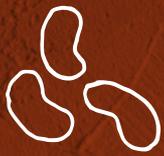
## ★ DIRECTIONS #1 Preheat oven to 375°F (190°C).

- #2 Dry chickpeas with paper towel and put in a medium bowl. Gently toss chickpeas with oil and seasonings.
- #3 Spread seasoned chickpeas evenly on parchment-lined baking sheet and place in the oven.
- #4 Roast chickpeas for 30 minutes. Bake for another 15–20 minutes, stirring every 5 minutes until golden and crispy. Remove from the oven and let cool for 10 minutes.
- #5 Store in an airtight container for up to one week.

### NUTRIENTS PER SERVING (¼ cup/60 mL)

Calories 75 Fat 3 g Cholesterol 0 mg  
Carbohydrate 10 g Fibre 2 g Sugar 0 g Protein 3 g  
Sodium 3 mg Potassium 75 mg Iron 2 mg





Black Beans

MAKES 8 PIES

# HANDY DANDY HAND PIES



Portable pockets of yummy veggies, ooey cheese, and energizing black beans.



## INGREDIENTS

1 small head cauliflower, chopped

1/2 butternut squash, peeled & chopped 8 (10-inch/20 cm) whole-grain tortillas

1 small head broccoli, chopped 1 cup (250 mL) grated mozzarella cheese

8 oz (250 g) lean chicken sausage, cut into 1/2-inch pieces 1 egg, beaten

1 can (19 oz/540 mL) no salt added black beans, drained & rinsed

1/4 cup (60 mL) grated parmesan cheese 1 Tbsp (15 mL) Italian seasoning

1 cup (250 mL) marinara sauce, plus extra if desired 1 Tbsp (15 mL) canola oil

## DIRECTIONS

#1 Preheat oven to 350°F (180°C).

#2 Place vegetables and sausage on a parchment-lined baking sheet. Drizzle with oil and toss. Bake for 25 minutes, stirring twice while cooking.

#3 Transfer cooked vegetable and sausage medley to medium bowl. Gently mix in black beans, parmesan cheese, Italian seasoning, and marinara sauce. Add more sauce if desired.

#4 Spoon about 1/2 cup (125 mL) of the mixture onto the centre of each tortilla, leaving a 1.5-inch (4 cm) border. Sprinkle with mozzarella cheese. Use a pastry brush to brush the borders with the beaten egg. Fold the tortillas in half. Using a dinner fork, press edges firmly to seal.

#5 Place hand pies on parchment-lined baking tray and brush with remaining beaten egg. Sprinkle with more Italian seasoning. Bake for 15 minutes until golden brown. Cool for 5 minutes before serving.

### NUTRIENTS PER SERVING (1 hand pie)

Calories 297 Fat 12 g Cholesterol 37 mg Carbohydrate 30 g Fibre 6 g  
Sugar 1 g Protein 17 g Sodium 344 mg Potassium 290 mg Iron 3 mg



A photograph of three golden-brown hand pies arranged on a wooden cutting board. The pies are filled and have a slightly textured, herb-spiced crust. In the bottom left corner, there is a small metal bowl filled with black beans. The background is a light-colored, textured surface. A red banner with white text is in the top right, and another red banner with white text is in the bottom left. A yellow scribble is in the top left.

Grab and go! Enjoy hand pies on your busiest family weeknight. They're portable, protein-packed, and perfectly yummy at room temp, too!

Mix it up. Swap black beans with pinto beans. They're mild in flavour, super nutritious and a fun twist!

A glass bottle of milk stands in the background, slightly out of focus. In the foreground, several chocolate chip muffins are arranged on a metal cooling rack. The muffins are topped with chocolate chips and have white outlines drawn around them. The background is a dark, textured surface.

## tips

No zucchini on-hand?  
Go orange and use  
grated carrot instead!

Fun fact: 1 tablespoon of cocoa  
powder boasts 2 grams fibre.

# Mighty Muffins

Black Beans

Double-chocolate muffins bursting with veggie and whole-grain goodness.

MAKES 12

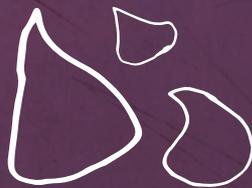


- INGREDIENTS**
- 1/2 can (19 oz/540 mL) no salt added black beans, drained & rinsed
  - 1/2 cup (125 mL) milk
  - 2 bananas, mashed
  - 1 Tbsp (15 mL) chia seeds
  - 1/3 cup (75 mL) maple syrup
  - 1 tsp (5 mL) vanilla
  - 1/4 cup (60 mL) canola oil
  - 1 cup (250 mL) whole wheat flour
  - 2 eggs
  - 1 medium zucchini, grated & excess water squeezed out
  - 1 cup (250 mL) quick oats
  - 1/2 cup (125 mL) unsweetened cocoa powder
  - 1/2 cup (125 mL) chocolate chips
  - 2 tsp (10 mL) baking powder

- DIRECTIONS**
- #1 Preheat oven to 350°F (180°C). Put paper liners in muffin tin.
  - #2 Add black beans, bananas, milk, maple syrup, oil, eggs, and vanilla to blender and purée. Transfer batter to a medium mixing bowl, add zucchini and stir to combine.
  - #3 Add flour, oats, cocoa powder, chia seeds, and baking powder. Stir to combine. Gently fold in chocolate chips.
  - #4 Divide batter into prepared muffin tin. Bake for 20–25 minutes, or until toothpick inserted in center of muffins comes out clean.
  - #5 Remove from oven and let cool in pan for 5–10 minutes, then remove muffins from pan, and let cool completely on a wire rack.

## NUTRIENTS PER SERVING (1 muffin)

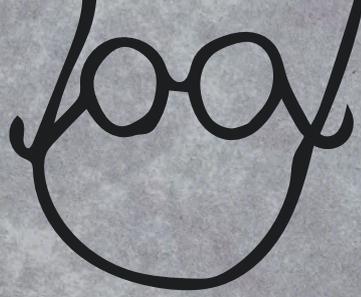
Calories 254 Fat 10 g Cholesterol 31 mg Carbohydrate 38 g Fibre 6 g Sugar 14 g Protein 7 g Sodium 100 mg Potassium 490 mg Iron 4 mg





Judah, 14

Asher, 11



# Keener Beans

Creative recipes that inspire kids to add personality to every plate.



Dry  
Green  
Lentils  
MAKES 6  
CUPS (1.5 L)

# Curry in A HURRY

Warm, spicy and wonderful. Curl-up to a warm bowl of curry in a hurry.



## INGREDIENTS

- 2 Tbsp (30 mL) canola oil
- 2 Tbsp tamari or low sodium soy sauce
- 1 Tbsp (15 mL) fresh ginger, grated
- 1 can (14 oz/400 mL) light coconut milk
- 1 cup (250 mL) low sodium chicken broth
- 1 cup (250 mL) dry green lentils, rinsed & drained
- ¼ cup (60 mL) green curry paste
- 2 garlic cloves, minced
- 1 tsp (5 mL) ground turmeric
- 1 onion, chopped
- 3 carrots, chopped
- ½ head of cauliflower, chopped
- 2 Tbsp (30 mL) canola oil
- Salt & pepper to taste

## DIRECTIONS

- #1 Preheat oven to 350°F (180°C).
- #2 In a large pot on medium heat, add canola oil, tamari or soy sauce, green curry paste, garlic, ginger, and turmeric. Sauté for 3–5 minutes, until fragrant. Add coconut milk and broth. Bring to a simmer then add lentils. Cook for 30 minutes, until lentils are tender.
- #3 While the lentils are simmering, add chopped onions, carrots, and cauliflower to parchment-lined baking sheet. Season with salt, pepper, add oil and toss gently. Bake for about 15 minutes.
- #4 Add roasted vegetables to lentil curry mixture. Cook together for another 3 minutes.
- #5 Serve with steamed rice or warm roti.

### NUTRIENTS PER SERVING (1 cup/250 mL)

Calories 249 Fat 12 g Cholesterol 1 mg Carbohydrate 26 g Fibre 11 g  
Sugar 4 g Protein 10 g Sodium 311 mg Potassium 478 mg Iron 4 mg





**tips**

Personalize your curry bowl with fresh cilantro, shredded red cabbage, toasted cashews, chili flakes or freshly squeezed lime.



Did you know? White beans include great northern, cannellini, white kidney and navy beans.

## tips

Leverage leftovers. Freeze into refreshing smoothie pops for a cool anytime snack.

Try a smoothie bowl. Garnish your yummy creation with extra fruit, seeds or crunchy granola.

# Keen for the Bean Smoothies

## Great Northern Beans

MAKES 3 cups (750 mL)

Creamy and delicious smoothies  
to power work and play.

### INGREDIENTS

#### VANILLA BASE

- ½ cup (125 mL) cooked or canned  
great northern beans or white beans
- ½ cup (125 mL) vanilla Greek yogurt
- 1 frozen banana
- 1 cup (250 mL) milk

#### COMBO #2: COCOA COOKIE

- 1 frozen banana
- 2 Tbsp (30 mL) peanut butter
- 2 Tbsp (30 mL) unsweetened cocoa powder
- ¼ cup (60 mL) quick oats

#### NUTRIENTS PER SERVING (1 cup/250 mL)

Calories 245 Fat 7 g Cholesterol 3 mg  
Carbohydrate 39 g Fibre 8 g Sugar 14 g Protein 12 g  
Sodium 82 mg Potassium 597 mg Iron 3 mg

#### COMBO #1: MANGO BREEZE

- ½ cup (125 mL) frozen mango
- ½ cup (125 mL) frozen pineapple
- ¼ cup unsweetened orange juice
- 1 Tbsp (15 mL) hemp seeds

#### NUTRIENTS PER SERVING (1 cup/250 mL)

Calories 162 Fat 2 g Cholesterol 3 mg  
Carbohydrate 30 g Fibre 5 g Sugar 16 g Protein 10 g  
Sodium 35 mg Potassium 400 mg Iron 2 mg

#### COMBO #3: CHERRY BERRY

- ½ cup (125 mL) frozen cherries
- ½ cup (125 mL) frozen raspberries
- 1 handful fresh spinach
- 1 Tbsp (15 mL) chia seeds

#### NUTRIENTS PER SERVING (1 cup/250 mL)

Calories 162 Fat 2 g Cholesterol 3 mg  
Carbohydrate 30 g Fibre 9 g Sugar 12 g Protein 10 g  
Sodium 45 mg Potassium 307 mg Iron 2 mg

### DIRECTIONS

- #1 Place beans, yogurt, frozen banana, and milk in a blender.
- #2 Choose a flavour combo and add ingredients to the blender.
- #3 Blend until smooth and creamy.



Chickpeas

# Chocolate Chickpea Dip

MAKES 2 ½  
CUPS (625 mL)

Rich-chocolatey chickpea spread. Ridiculously yummy on toast, fruit, and veggies.

## INGREDIENTS

- 4 pitted Medjool dates    ¼ cup (60 mL) hot water    1 tsp (5 mL) vanilla  
1 can (19 oz/540 mL) no salt added chickpeas, drained & rinsed  
¼ cup (60 mL) unsweetened cocoa powder    2 Tbsp (30 mL) nut or seed butter  
½ cup (125 mL) water

## DIRECTIONS

- #1 Place pitted dates in a small bowl, and cover with the hot water. Let stand for 10 minutes.
- #2 Add soaked dates and all remaining ingredients to a food processor and pulse until smooth.
- #3 Add additional water 1 Tbsp (15 mL) at a time as desired until dip is creamy and spreadable to your liking.

### NUTRIENTS PER SERVING (¼ cup/60 mL)

Calories 108 Fat 2 g Cholesterol 0 mg  
Carbohydrate 18 g Fibre 4 g Sugar 9 g Protein 4 g  
Sodium 17 mg Potassium 159 mg Iron 2 mg





**tips**

Spread the chocolate joy on celery sticks, apple slices, warm roti, or fluffy waffles.

# Baking with Pulses

## Benefits of Baking with Pulses

- Boost the protein, fibre, vitamin and mineral content when adding pulses to your baking.
- 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.

## Tips When Baking with Pulses

- Lentils or white beans (eg. Great Northern, navy, cannellini, white kidney or white pea beans) work best, but yellow split peas can be used on occasion.
- Baked goods may be heavier and more dense when made with pulses, while crusts are smoother and remain fresher for a longer time.
- 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.

## Pulse Flours

Pulse flours can be found in some grocery stores and most bulk, ethnic, or specialty food stores. Chickpea flour (also known as Garbanzo Bean Flour) and various bean flours are usually the most commonly available. They can be used in a variety of recipes including cakes, muffins and cookies. Pulse flours are often used in gluten-free recipes to boost fibre.

## How to use Pulses In Baking

Pulses can be incorporated into baked goods as a purée or flour. Pulse purées can be made from canned or boiled pulses.

## How to Make Pulse Purée

**PLACE** cooked or rinsed and drained canned pulses into a food processor. **ADD**  $\frac{1}{4}$  cup (60 mL) water for every 1 cup (250 mL) cooked pulses. **BLEND** to make a smooth purée, with a consistency like canned pumpkin. **ADD** additional water 1 tablespoon (15 mL) at a time if needed to reach desired consistency. **STORE** in airtight container in the refrigerator for 1 to 3 days or freeze for up to 6 months.

## How to Add Pulse Purée

**ADD**  $\frac{1}{2}$  cup (125 mL) pulse purée into cookie, muffin or any other baked good recipe to boost fibre and protein content. **COMBINE** the wet ingredients as per the recipe (egg, butter or oil, sugar and/or vanilla) then beat/blend in the pulse purée with those wet ingredients before adding the mixture to the dry ingredients. **BAKE** as directed.

## How to Substitute with Pulse Flour

**SUBSTITUTE** (1:1) up to half the wheat-based flour (including all-purpose flour) in any baked goods recipe with an equal amount of chickpea flour to add iron, folate, fibre and protein.

## How to Substitute with Purée

**REPLACE**  $\frac{1}{2}$  the butter or oil with an equal amount of pulse purée to lower the fat.

# Buying & Storing Pulses

## CANNED PULSES

### Buying Canned Pulses

Canned pulses are convenient as they are pre-cooked and ready to use. Look for canned pulses in the canned foods sections of the store.

- Always drain and rinse well before use.
- Reduce the sodium content of regular canned pulses by 40% by draining and rinsing before using or try No Salt Added canned pulses.
- A 19 oz (540 mL) can of pulses drained is equal to 2 cups (500 mL) cooked pulses.
- A 14 oz (398 mL) can of pulses drained is equal to 1 ¼ cups (300 mL) cooked pulses.

### Storing Cooked Pulses

- Cooked pulses store well for 1 to 3 days in the refrigerator in airtight containers.
- Freezing cooked pulses is a great time saver and they keep for up to 6 months.

### Storing Canned Pulses

- Unopened canned pulses store well in a cool, dry place for up to one year or until the best before date on the can.
- Opened, drained and rinsed canned pulses can be stored the same as cooked pulses (see below).

### Freezing Cooked or Canned Pulses

- Drain cooked or canned pulses;
- Lightly pat dry to remove some surface moisture;
- Measure out into 1 or 2 cup (250 or 500 mL) portions into airtight containers or lay flat in plastic freezer bags.

## DRY PULSES

### Buying Dry Pulses

Look for dry pulses in the ethnic, bulk, or canned food sections of your grocery store. When buying dry pulses, look for:

1. Uniform size;
2. Brightly coloured seeds;
3. Smooth skins without chips or shrivelled seed coats.

### Storing Dry Pulses

- Store in a tightly covered container in a cool, dry place.
- If exposed to light, pulses tend to lose their colour but flavour, nutrition and texture will not be affected as long as they are tightly sealed.
- It is best to use dry pulses within one year of purchase.
- The longer pulses are stored, the drier they become. This means they may take longer to cook and remain slightly chewy after cooking.

# How to Prepare Pulses

## SPLIT PEAS



### Preparing Split Peas

1. Remove any shrivelled peas.
2. Rinse split peas with water - no need to soak!
3. Combine split peas and water, bring to a boil.
4. Simmer for 20 - 30 minutes.
5. When ready, drain any excess liquid and gently rinse.

### Cooking Tips for Split Peas

- For every 1 cup (250 mL) of split peas, use 2 cups (500 mL) of water.
- Split peas get softer the longer they cook. Vary cooking time accordingly.

### Preparing Beans

## BEANS



1. Remove any shrivelled or broken beans.
2. Rinse the beans under cold running water.
3. Soak your beans.

#### OVERNIGHT SOAK

Add 3 cups (750 mL) cool water for every 1 cup (250 mL) dry beans making sure beans are covered completely. Let stand for 8 - 24 hours.

#### QUICK SOAK

Place 1 cup (250 mL) dry beans in a large pot with 3 cups (750 mL) of water. Bring to a boil for 3 minutes then remove from heat. Cover and let stand for 1 hour.

4. Drain soaking water from either method above and rinse beans with cool water.
5. Combine soaked beans and fresh water in a large pot and bring to a boil.
6. Simmer for 60 to 90 minutes or until beans reach desired tenderness.
7. When ready, drain any excess liquid and gently rinse.

### Cooking Tips for Beans

- For every 1 cup (250 mL) of beans, use 3 cups (750 mL) of water.
- Bean cooking time varies by type. When a bean is fully cooked, the skin is still intact but the bean can easily be smashed between two fingers.
- Pre-soak beans then boil for 10 - 12 minutes in fresh water before adding to your slow cooker.
- During hot weather, soak beans in the refrigerator to prevent fermentation.

## Preparing Lentils

1. Remove any shrivelled lentils.
2. Rinse lentils with water - no need to soak!
3. Combine lentils and water, bring to a boil.
4. Simmer for 5-20 minutes, until tender.
5. When ready, drain any excess liquid and gently rinse.



## Preparing Chickpeas

1. Remove any shrivelled or broken chickpeas.
2. Rinse chickpeas under cold running water.
3. Soak your chickpeas.

### OVERNIGHT SOAK

Add 3 cups (750 mL) cool water for every 1 cup (250 mL) dry chickpeas making sure chickpeas are covered completely. Let stand for 8 - 24 hours.

### QUICK SOAK

Place 1 cup (250 mL) dry chickpeas in a large pot with 3 cups (750 mL) of water. Bring to a boil for 3 minutes then remove from heat. Cover and let stand for 1 hour.

4. Drain soaking water from either method above and rinse chickpeas with cool water.
5. Combine soaked chickpeas and fresh water in a large pot and bring to a boil.
6. Simmer for 60 to 90 minutes or until chickpeas reach desired tenderness.
7. When ready, drain any excess liquid and gently rinse.

## LENTILS



## Cooking Tips for Lentils

- For every 1 cup (250 mL) of lentils, use 3 cups (750 mL) of water.
- Different lentils require different cooking times. Softer red/split lentils require shorter cooking times and are great for soups. Firmer lentils (green lentils for example) take a bit longer to cook and are ideal for salads.

## CHICKPEAS

## Cooking Tips for Chickpeas

- For every 1 cup (250 mL) of chickpeas, use 3 cups (750 mL) of water.
- Once cooked, chickpeas can be refrigerated in their liquid for up to a week. Just drain and add to salad, soups or sides for a quick protein punch.

## COOKING TIPS FOR ALL PULSES

1 cup dry = 2.5 cups cooked

Use unsalted water - salt toughens pulses during cooking

Tomatoes, vinegar and other acidic ingredients slow the cooking process.

Add seasonings like dry herbs or chopped onion or garlic during cooking to maximize flavours.

Using baking soda to aid cooking pulses is not recommended unless you have hard water. If you need to add baking soda, limit the amount to 1/8 tsp per 2 cups (0.5 mL per 500 mL) water.



**ALBERTA PULSE  
GROWERS**

## CONTRIBUTORS

**AUTHOR**

Emily Mardell

**PHOTOGRAPHER**

Jessica Musslewhite

**PARTNER**

Alberta Pulse Growers

**EDITOR**

Debra McLennan

**GETJOYFULL KITCHEN**

Kanvi Homes

**DESIGNER**

Vaughn Royko

The Alberta Pulse Growers Commission represents over 6,000 farmers who grow field peas, dry beans, lentils, chickpeas, and faba beans in Alberta. Our farmers want to share with everyone that pulse crops are environmentally friendly, healthy, and nutritious. Farmers know that pulse crops are an essential element in a sustainable cropping system.

  @albertapulse

 @albertapulsegrowers

[www.albertapulse.com](http://www.albertapulse.com)



# EMILY MARDELL

Emily is a Registered Dietitian specializing in both family and sports nutrition. She studied biochemistry and business at Memorial University of Newfoundland, and has dedicated her career to community, and food security endeavours. As the founder of GetJoyfull, this food-loving Mama of three, is passionate about local ingredients, nourishing recipes, and inspiring others to fill up on family time.

   @getjoyfull

[www.getjoyfull.com](http://www.getjoyfull.com)

# JESSICA MUSSLEWHITE

Jessica is an artist, photographer, recipe developer and business professional. She studied marketing and finance at the University of Alberta and graduated with a Bachelor of Commerce. Drawn to creative outlets and abstract fine art, Jessica found true passion for food and lifestyle imagery after first photographing mushrooms. She cherishes time in the kitchen, creating, and sharing meals with friends & family.

  @mushroomsandthyme  
 @JMussle

[www.jmusslewhite.com](http://www.jmusslewhite.com)





# EASY PEAS-y

Cookbook for Kids

getjoyful!

ALBERTA PULSE  
GROWERS