



Pulses

Cooking with
**BEANS, PEAS,
LENTILS & CHICKPEAS**

a guide to buying, storing and cooking pulses

+ 20 RECIPES!



Alberta farmers are proud to grow pulses because they are good for the farm, for food and for you! Easy to prepare in a variety of dishes, pulses - which include peas, beans, lentils and chickpeas - are high in protein and fibre and low in fat, making them the perfect fit for a healthy diet and busy lifestyle.



Green peas (whole)



Yellow peas (split)



Green lentils



Red lentils (split)

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*Pulses are the nutritionally
dense, dry, edible seeds of
legumes, including peas,
beans, lentils & chickpeas!*



Small Red beans



Black beans



Pinto beans



Chickpeas/
Garbanzo beans



Pulses for you and the farm!



Good for You!

Pulses are a high fibre, low fat source of protein. They are gluten free, have a low glycemic index and provide meaningful amounts of nutrients in just 1/2 cup!

PROTEIN PACKED

- 9 g protein per 1/2 cup cooked serving.
- 2-3 times more protein than cereal grains like rice, corn and wheat.
- 1/2 cup cooked lentils provide the same amount of protein as 2 cups of rice or corn or 1 cup of quinoa.
- Pairing pulses with cereal grains like beans with corn, lentils with rice or hummus with pita bread provides high levels of good quality protein.

HIGH FIBRE

- 8 g fibre per 1/2 cup cooked serving.
- Source of soluble and insoluble fibre and healthy starches.
- 1 cup cooked pulses provides more than half of the daily recommended amount of fibre.
- 1 cup cooked beans provides the same amount of fibre as 2 cups of bran flakes, 4 cups of oatmeal or 8 slices of whole wheat bread.

NUTRIENT RICH

- High levels of potassium, magnesium, zinc and iron.
- Abundant in B vitamins including folate, thiamin and niacin.
- Chickpeas have three times the folate of kale.
- One serving of lentils has 1.5 times the amount of iron as flank steak.
- 1 serving of dry peas contains as much potassium as a banana.

Good for the Farm!

Pulses contribute to environmental sustainability and provide unique benefits to the land.

PULSES ARE A LOW CARBON FOOTPRINT FOOD

Greenhouse gas emissions from agriculture, in large part, come from nitrogen fertilizers. Pulses require little to no nitrogen fertilizers to grow, because they have a relationship with bacteria in the soil that convert the nitrogen in the air into a fertilizer that they and other crops can use.

PULSES ARE A WATER-EFFICIENT SOURCE OF PROTEIN

They use 1/2 to 1/10 the amount of water that it takes to produce other sources of protein. Pulses are well adapted to the Canadian Prairies because different types of pulses can be grown in almost any type of farming system whether it's wet or dry, hot or cold.

PULSES ARE GOOD FOR THE SOIL

Pulses improve soil health due to the different compounds they produce that feed microorganisms in the ground. This process benefits pulses as well as 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.



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) of cooked pulses.
- A 14 oz (398 mL) can of pulses drained is equal to 1 1/4 cup (300 mL) of cooked pulses.

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).

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.

TO FREEZE

- Drain cooked pulses then let cool;
- 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:

- Uniform size;
- Brightly coloured seeds;
- Smooth skins without chips or shriveled 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

1. Remove any shriveled 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.

Cooking Tips



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.

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 them once the pulses are tender.



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.

Beans

1. Remove any shriveled 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. Soak for 8 - 24 hours. Drain soaking water and rinse beans with cool water.

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

4. Combine soaked beans and water, bring to a boil.
5. Simmer for 60 to 90 minutes or until beans reach desired tenderness.
6. When ready, drain any excess liquid and gently rinse.

Cooking Tips



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.



Lentils

1. Remove any shriveled 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.

Cooking Tips



For every 1 cup (250 mL) of lentils, use 3 cups (750 mL) of water.



Different lentils require different cooking time. Softer red/split lentils require shorter cooking times and are great for soups. Firmer lentils (black lentils for example) take a bit longer to cook and are ideal for salads.

Chickpeas

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

OVERNIGHT SOAK

Use 3 cups (750 mL) of cold water for each 1 cup (250 mL) of chickpeas. Let stand for 8-24 hours and drain.

QUICK SOAK

Use 3 cups (750 mL) of cold water for each 1 cup (250 mL) of chickpeas. Boil for 3 minutes and remove from heat. Cover and let stand for one hour. Drain soaking water and rinse chickpeas with cool water.

4. Combine chickpeas and water.
5. Bring to a boil. Simmer for 90 minutes to 2 hours.

Cooking Tips



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.



Lentil Granola

Servings: 4-6





MAKE IT A PARFAIT!

Layer Greek yogurt, Lentil Granola and fresh berries for a tasty treat any time of the day!

INGREDIENTS

1/2 cup (125 mL) dry split red lentils
1/4 cup (60 mL) shredded coconut
1/4 cup (60 mL) pumpkin seeds
1/4 cup (60 mL) rolled oats
3 Tbsp (45 mL) hemp hearts
2 tsp (10 mL) canola oil
1 Tbsp (15 mL) honey
1 Tbsp (15 mL) orange zest
1/3 cup (75 mL) dried cranberries

DIRECTIONS

1. Preheat the oven to 350°F.
2. Rinse the lentils under cool water until most of the starch washes off and the water runs clear. Soak the lentils in water for at least 6 hours, rinsing them and replacing the water at least 2-3 times.
3. Drain the lentils well. On a baking tray lined with parchment paper, scatter the lentils evenly and roast in the oven for approximately 30 minutes, until they become dry and slightly crunchy. While baking, flip the lentils over every 10 minutes with a spatula to make sure they roast evenly.
4. Lightly toast the pumpkin seeds and coconut in a pan over medium heat, and set aside in a large mixing bowl.
5. Toss the roasted lentils, oats, and hemp hearts with the toasted coconut and pumpkin seeds. Mix in the oil, honey and orange zest, making sure everything is combined well.
6. Scatter the mixture on a tray lined with parchment paper and roast for 15-20 minutes. Toss the hot mixture back into the large bowl and mix in the dried berries. Set aside to cool. Once cooled, store in an airtight container.

NUTRIENTS

Per Serving (1 cup/250 mL)
410 Calories, 14 g Fat, 4 g Saturated Fat,
5 mg Cholesterol, 52 g Carbohydrates, 7 g Fibre,
29 g Sugar, 22 g Protein, 125 mg Sodium,
729 mg Potassium, 26 mcg Folate

*Lentils are grown in Zone 1 and 2.
To find out more information, flip to page 34.*





Citrus Berry Shake

Servings: 4-6

INGREDIENTS

2 cups (500 mL) ripe strawberries, chopped
1 1/2 cups (375 mL) ripe blueberries
1 cup (250 mL) cooked red or green lentils or
canned lentils, drained and rinsed
1 1/2 cups (375 mL) crushed ice
3/4 cup (175 mL) plain Greek yogurt
3 Tbsp (45 mL) lemon juice
3 Tbsp (45 mL) honey
2 tsp (10 mL) vanilla extract

DIRECTIONS

Place all ingredients into the blender and puree until delightfully smooth. Garnish with blueberries.

NUTRIENTS

Per Serving (1 cup/250 mL)
220 Calories, 5 g Fat, 3.5 g Saturated Fat,
10 mg Cholesterol, 38 g Carbohydrates,
8 g Fibre, 23 g Sugar, 8 g Protein,
15 mg Sodium, 125 mg Potassium

TIPS

- A great idea for breakfast on the run or on your way to after school activities!
- 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.
- To get 1 cup (250 mL) cooked lentils, combine 1/2 cup (125 mL) dry lentils with 1 1/2 cups (375 mL) water in a medium saucepan, bring to a gentle boil and simmer for 5-20 minutes until tender. Add water as needed to keep the lentils covered. Once cooked, drain any excess liquid and gently rinse under cool water. Set aside to cool before adding to recipe.
- Didn't use all the canned lentils in the recipe? Just place in a freezer bag or airtight container and freeze for up to 6 months for a quick and nutritious addition to soups, salads or casseroles.





Pina Colada White Bean Smoothie

Servings: 4-6

INGREDIENTS

2 cups (500 mL) pineapple juice
14 oz (398 mL) can light coconut milk
1/2 cup (125 mL) mashed ripe banana
1 1/2 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, rinsed well

DIRECTIONS

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

NUTRIENTS

Per Serving (1 cup/250 mL)
179 Calories, 6 g Fat, 3 g Saturated Fat,
1 mg Cholesterol, 28 g Carbohydrates,
4 g Fibre, 17 g Sugar, 6 g Protein,
18 mg Sodium, 424 mg Potassium

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 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 may separate. If this occurs, blend or stir it quickly before serving.
- If you 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!

*Great Northern beans are grown in Zone 1.
To find out more information, flip to page 34.*





Roasted Chickpeas

Servings: 8

INGREDIENTS

4 cups (1 L) cooked chickpeas or 2-19 oz (540 mL) cans no salt added chickpeas, drained and rinsed
3 Tbsp (45 mL) canola oil
1/2 cup (125 mL) preferred spices (cajun, curry, garlic powder, chili powder...etc.)

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Combine all ingredients in medium bowl and spread on parchment paper or greased cookie sheet.
3. Bake for 30 minutes. Stir.
4. Bake another 20 minutes, stirring every 5 min.
5. Let cool and enjoy!
6. Once cooled, store in an airtight container.

NUTRIENTS

Per Serving (1/2 cup/125 mL)
180 Calories, 7 g Fat, 1 g Saturated Fat,
0 mg Cholesterol, 22 g Carbohydrates,
4 g Fibre, 4 g Sugar, 5 g Protein, 6 mg Sodium,
238 mg Potassium, 140 mcg Folate,
40 mg Calcium, 2 mg Iron

TIPS

- Enjoy as a crunchy, spiced snack or in place of croutons in a salad!
- Baking on parchment paper controls sticking to the pan.
- Some ovens may run hotter than others; adjust the heat and baking time as needed.
- Feel free to substitute any other cooked/ canned pulse like black beans or pinto beans for a tasty treat!





Yellow Split Pea Hummus

Servings: makes 2 cups/500 mL

INGREDIENTS

- 1 cup (250 mL) dry yellow split peas, rinsed and drained
- 2 1/2 cups (625 mL) water
- 1/3 cup (75 mL) tahini
- 1/4 cup (60 mL) fresh lemon juice
- 2 cloves garlic, chopped
- 2 tsp (10 mL) curry powder
- 1 tsp (5 mL) kosher salt (plus more to taste)
- Cold pressed canola oil or olive oil, for drizzling on top

DIRECTIONS

1. In a medium saucepan, combine dry peas and water. Cover and bring to a gentle boil then reduce heat and simmer until peas are very tender and soft, about 20 - 30 minutes. Drain, saving any cooking liquid, rinse and cool.
2. Combine everything but the oil in a food processor or blender and process, stopping occasionally to scrape down the sides, until smooth.
3. With the motor running, add cooking liquid from the split peas until you get to your desired consistency.

4. Serve with additional curry powder sprinkled on top, plus a drizzle of oil.

NUTRIENTS

Per Serving (1/4 cup/60 mL)
122 Calories, 5 g Fat, 1 g Saturated Fat,
0 mg Cholesterol, 14 g Carbohydrates,
3 g Fibre, 2 g Sugar, 6 g Protein,
133 mg Sodium, 246 mg Potassium,
45 mcg Folate, 53 mg Calcium, 2 mg Iron

TIPS

- If you didn't have any cooking liquid left after cooking the peas, you can use regular water to thin the hummus in the food processor.
- Regular table salt can be used in place of kosher salt, but use 1/4 to 1/2 half the amount and adjust after tasting.
- If you want a more creamy texture, add 2 - 3 Tbsp (30-45 mL) oil when blending all the ingredients together in step 2.
- A great dip with fresh vegetables and pita chips for lunches or snacks on the go!





Pasta e Fagioli

Servings: 4-6

INGREDIENTS

canola oil, for cooking
1 small onion, finely chopped
1 carrot, peeled and diced
2 celery stalks, diced
2 garlic cloves, crushed
8-10 slices pepper salami, chopped,
or 1 spicy Italian or chorizo sausage
19 oz (540 mL) can of lentils, drained and rinsed
14 oz (398 mL) can of diced tomatoes,
with their juice
2 cups (500 mL) chicken or vegetable stock
1/2 cup (125 mL) small dry pasta, such as shells,
stars or orzo
salt and freshly ground black pepper to taste
freshly grated Parmesan cheese, for serving

DIRECTIONS

1. Heat a drizzle of oil in a large saucepan set over medium-high heat. Add the onion, carrot and celery and cook for 3-4 minutes, until soft. Add the garlic and cook for another minute.

2. Add the salami or squeeze the sausage out of its casing and cook for 2-3 minutes (for salami) or 6-7 minutes (for sausage), breaking the meat up with a spoon, until no longer pink.
3. Add the lentils, tomatoes and stock and bring to a simmer. Add the pasta and cook for 15 minutes, or until the pasta is al dente and the broth has reduced and thickened – it will have a consistency between soup and stew.
4. Season with salt and pepper and serve hot, topped with grated Parmesan.

NUTRIENTS

Per Serving (1 1/4 cups/300 mL)
240 Calories, 10 g Fat, 4 g Saturated Fat,
30 mg Cholesterol, 21 g Carbohydrates,
6 g Fibre, 4 g Sugar, 15 g Protein,
879 mg Sodium, 506 mg Potassium,
88 mcg Folate

TIPS

You can substitute canned chickpeas, cannellini beans or kidney beans if you don't have lentils on hand!





Green Split Pea & Cauliflower Soup

Servings: 4-6

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) dried green split peas, rinsed and drained
- 1 tsp (5 mL) dried thyme leaves
- 4 cups (1 L) vegetable or chicken broth
- Salt and freshly ground pepper to taste
- 1/3 cup (75 mL) crumbled Old Cheddar cheese

DIRECTIONS

1. In a large heavy saucepan or Dutch oven, heat oil over medium temperature. Add garlic and onion, sauté until caramelized and fragrant, about 3-5 minutes.
2. Stir in cauliflower, dried 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 and carefully ladle into a blender or use a hand blender in the pot, to whirl 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.

NUTRIENTS

Per Serving (1/4 recipe, ~2 cups/500 mL)
247 Calories, 11 g Fat, 3 g Saturated Fat,
9 mg Cholesterol, 26 g Carbohydrates,
4 g Fibre, 6 g Sugar, 14 g Protein, 646 mg Sodium,
833 mg Potassium, 145 mcg Folate,
137 mg Calcium, 3 mg Iron

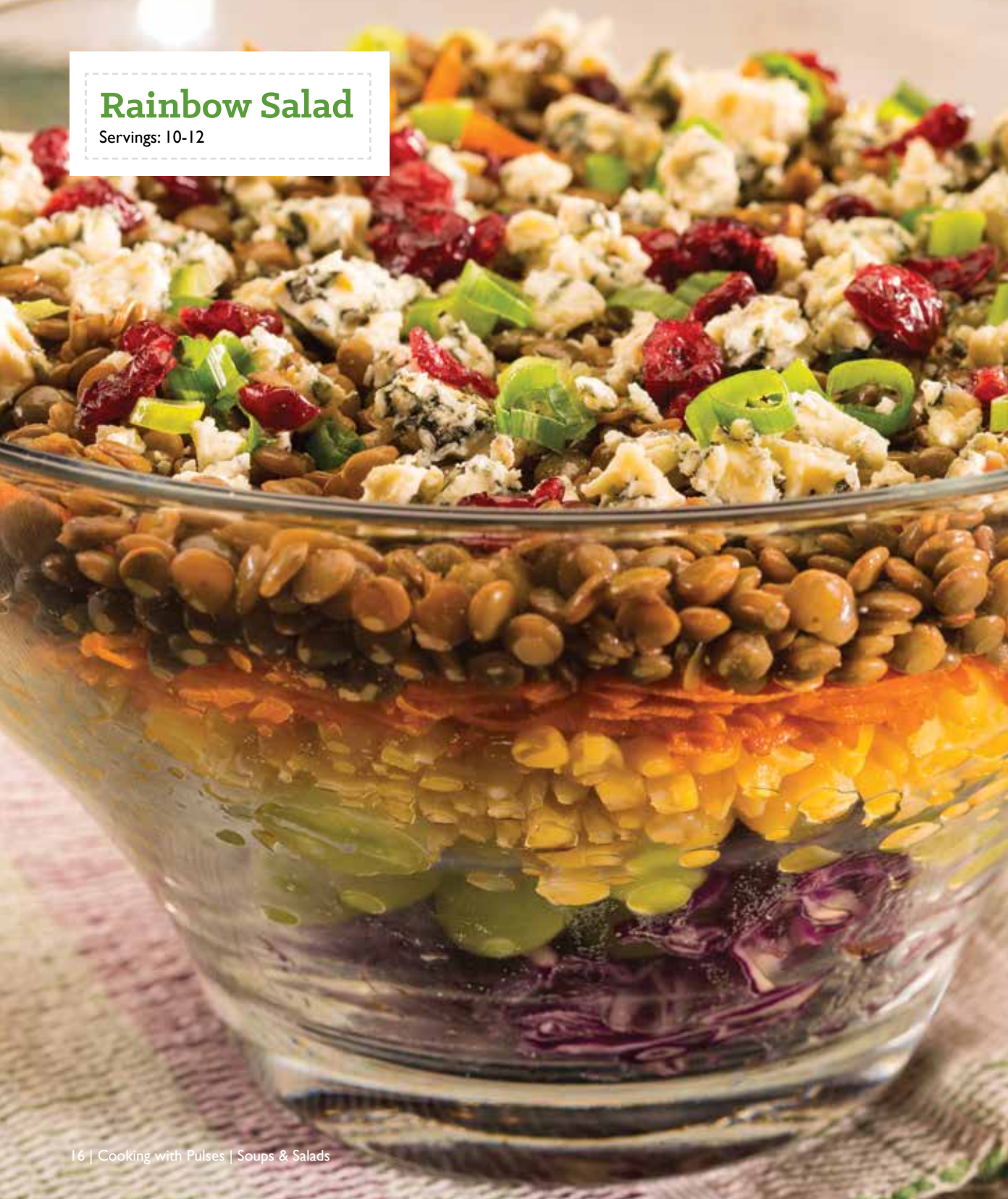
TIPS

- Cold pressed canola oil can be found at Safeway and Co-op as well as some organic food stores. A good quality extra virgin olive oil will work as well.
- 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.
- Turn this soup into a meal and serve with Baked Biscuits (page 27)!



Rainbow Salad

Servings: 10-12





TO TOP IT OFF!

TOPPING:

3 green onions, finely sliced
1/2 cup (125 mL) grated or crumbled cheese (Blue, Cheddar, Gouda, Edam)
1/4 cup (60 mL) pecan pieces, toasted
1/4 cup (60 mL) dried cranberries

INGREDIENTS

1/2 cup (125 mL) dried yellow split peas
rinsed and drained
1 cup (250 mL) dried green lentils, rinsed and drained
2 apples, diced or 2 cups sliced green grapes
1 cup (250 mL) grated carrot
1 cup (250 mL) grated purple cabbage
1 cup (250 mL) diced yellow or red pepper

DRESSING:

1/4 cup (60 mL) apple cider vinegar
1/4 cup (60 mL) canola oil, cold pressed if available
2 Tbsp (30 mL) liquid honey
2 tsp (10 mL) Dijon mustard
2 cloves garlic, finely minced

DIRECTIONS

1. In a saucepan, simmer split peas in 1 cup (250 mL) water until moisture is absorbed and peas are tender but not mushy, about 20 minutes. Drain, rinse and cool.
2. In a separate saucepan simmer lentils in 2 cups (500 mL) water until moisture is absorbed and lentils are tender, about 20 minutes. Drain, rinse and cool.
3. Meanwhile combine dressing ingredients and set aside.
4. In a clear/glass salad bowl, layer ingredients starting with the cabbage, pepper, fruit, yellow peas, carrot and ending with lentils (or whichever order you prefer).
5. Sprinkle topping ingredients evenly over the lentils.
6. Serve with dressing on the side to drizzle over the salad once it's plated.

NUTRIENTS

Per Serving (1/12 recipe)
234 Calories, 10 g Fat, 3 g Saturated Fat,
11 mg Cholesterol, 27 g Carbohydrates,
4 g Fibre, 10 g Sugar, 10 g Protein,
89 mg Sodium, 396 mg Potassium,
121 mcg Folate, 107 mg Calcium, 2 mg Iron

*Yellow Peas are grown in Zone 1-5.
Green Lentils are grown in Zone 1 and 2.
To find out more information, flip to page 34.*





Pulse Salad Bowls

Servings: Ingredients per bowl is 1 serving

Pulses are the base for these tasty creative lunch and dinner bowls. Follow our suggestions, recipes are per bowl, or combine your own bowl with a base of canned or cooked pulses topped with leftovers, veggies, cold cuts and sauces. Make everyone happy and put out an assortment to make their own combinations!

Masala Chickpea, Mango & Grilled Paneer Bowl

INGREDIENTS

1/2 - 1 cup (125 - 250 mL) canned chickpeas,
drained and rinsed
1/2 cup (125 mL) diced fresh or frozen mango
(peaches would also work!)
1/4 cup (60 mL) fresh chopped spinach
1 Tbsp (15 mL) finely diced white or purple onion
1 Tbsp (15 mL) diced red or yellow pepper
2 Tbsp (30 mL) plain yogurt
1 tsp (5 mL) liquid honey
1 tsp (5 mL) lime juice
1/2 tsp (2 mL) chaat masala or garam masala
seasoning spice or curry powder
Cooked chicken or skewered and grilled Paneer cheese

DIRECTIONS

Combine chickpeas, mango, spinach, onion, pepper, yogurt, honey, lime and seasoning. Top with grilled chicken or paneer skewers, or both, if desired.

NUTRIENTS

(1 bowl with 1/2 cup/125 mL chickpeas &
2 oz/60 g cooked chicken)
347 Calories, 4 g Fat, 1 g Saturated Fat,
53 mg Cholesterol, 49 g Carbohydrates,
6 g Fibre, 26 g Sugar, 30 g Protein,
82 mg Sodium, 127 mg Calcium, 4 mg Iron

Mediterranean Salad Bowl

INGREDIENTS

1/2 - 1 cup (125 - 250 mL) cooked or canned navy,
Great Northern or cannellini beans, drained & rinsed
1 ripe tomato, sliced
1 small fresh buffalo mozzarella, sliced
4 slices purple onion
5-6 pitted black olives
Fresh herbs, basil, oregano, thyme
1 Tbsp (15 mL) canola oil, cold pressed if available
1 Tbsp (15 mL) wine vinegar
1 tsp (5 mL) liquid honey
1 clove garlic, minced
Salt and fresh ground pepper to taste

DIRECTIONS

Layer beans, tomato, mozzarella, onion, olives and herbs. Whisk together oil, vinegar, honey & garlic; drizzle over bowl. Season to taste.

NUTRIENTS

Per Serving (1 bowl with 1/2 cup/125 mL beans)
376 Calories, 22 g Fat, 5 g Saturated Fat,
19 mg Cholesterol, 32 g Carbohydrates,
8 g Fibre, 8 g Sugar, 16 g Protein,
385 mg Sodium, 334 mg Calcium, 3 mg Iron

Pulled Pork, Slaw & Bean Bowl

INGREDIENTS

1/2 - 1 cup (125 - 250 mL) cooked or canned black
or pinto beans, drained and rinsed
2 oz (60 g) pulled pork, chicken, or beef
(southwest style)
1/2 cup (125 mL) prepared coleslaw
1/4 cup (60 mL) canned or frozen corn
Avocado slices
Salsa for topping
Grated cheese, if desired
Sliced green onion, if desired

DIRECTIONS

Layer beans, meat, coleslaw, corn and avocado.
Top with salsa, cheese and green onion.

NUTRIENTS

Per Serving (1 bowl with 1/2 cup/125 mL beans)
615 Calories, 33 g Fat, 7 g Saturated Fat,
40 mg Cholesterol, 61 g Carbohydrates,
17 g Fibre, 19 g Sugar, 23 g Protein,
526 mg Sodium, 91 mg Calcium, 4 mg Iron





Beans & Rice Master Mix

Servings: 4 cups

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 red or yellow pepper, diced
- 1 large yellow onion, diced
- 1 medium zucchini, grated
- 19 oz (540 mL) can of pinto or Faba beans, drained and rinsed
- 1 cup (250 mL) salsa (heat level to taste)
- 1 1/2 cup (375 mL) vegetable or beef 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 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.

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 Carbohydrates,
6 g Fibre, 5 g Sugar, 20 g Protein, 497 mg Sodium,
659 mg Potassium, 42 mcg Folate, 48 mg Calcium,
3 mg Iron

TIPS

- Faba beans are also known as Fava beans or broad beans outside of Canada.
- A 19 oz (540 mL) can of beans yields 2 cups after draining and rinsing!
- This mix freezes well for up to 3 months - double the recipe and freeze in 1 or 2 cup portions for a quick and easy meal option!
- Want more heat? Add a few hot pepper flakes or a dash of Tabasco sauce along with the salsa!





Hoisin Turkey & Lentil Lettuce Wraps

Servings: 6

INGREDIENTS

Canola oil, for cooking
1 lb (500 g) ground turkey, chicken, beef or pork
1 red pepper, cored & diced
2 garlic cloves, 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 (or tamari)
2-3 green onions, chopped
1 head butter, romaine, or leaf lettuce
chopped 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. Add water and simmer for 10 minutes until the lentils are tender, any excess moisture has evaporated 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. Core head of lettuce, separating leaves. Serve turkey-lentil mixture in bowl with lettuce leaves for filling. Top with chopped peanuts and fresh cilantro if desired.

NUTRIENTS

Per Serving (1/6 recipe)

195 Calories, 6 g Fat, 2 g Saturated Fat,
78 mg Cholesterol, 14 g Carbohydrates,
2 g Fibre, 6 g Sugar, 20 g Protein, 389 mg Sodium,
439 mg Potassium, 79 mcg Folate, 77 mg Calcium,
2 mg Iron

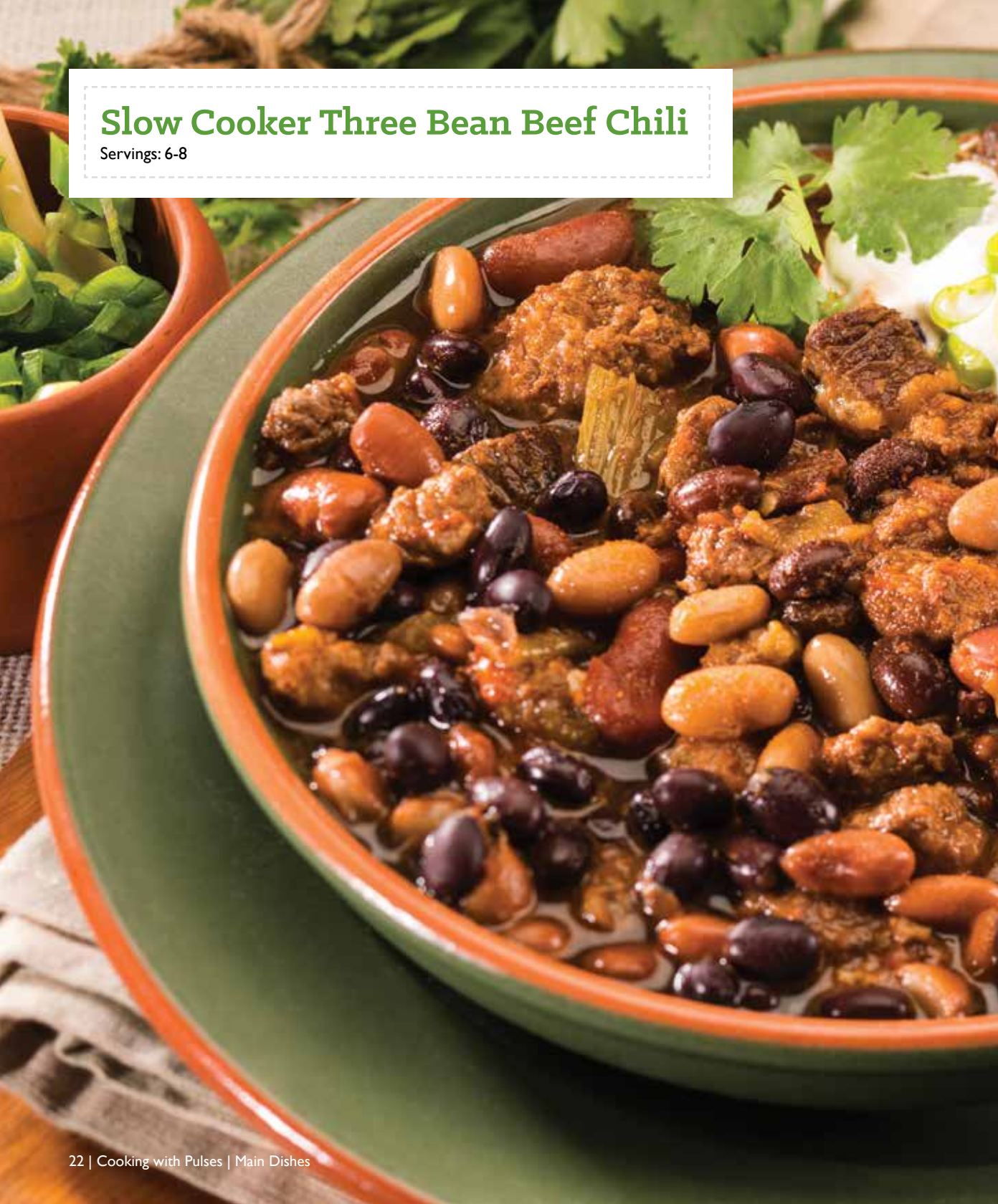
TIPS

- You can use canned lentils instead of dry by omitting the water in step 4 and then follow the rest of the recipe.
- You can also use flour tortillas instead of lettuce.



Slow Cooker Three Bean Beef Chili

Servings: 6-8



INGREDIENTS

2 Tbsp (30 mL) canola oil
1 lb (500 g) round, blade or cross rib steak, cubed
1 lb (500 g) regular or spicy beef sausage
1 large yellow onion, coarsely chopped
3 stalks celery, sliced
1 red or yellow pepper, diced
1 jalapeño pepper, seeded and minced (optional)
2 Tbsp (30 mL) chili powder, or more to taste
1 Tbsp (15 mL) cumin
1 Tbsp (15 mL) ground oregano
1 tsp (5 mL) mustard seeds
1/8 tsp (1/2 mL) red pepper flakes
2 Tbsp (30 mL) cider vinegar (or regular vinegar)
1 cup (250 mL) beef broth
1 cup (250 mL) cooked black beans or 14 oz (398 mL) can, drained and rinsed
1 cup (250 mL) cooked pinto beans or 14 oz (398 mL) can, drained and rinsed
1 cup (250 mL) cooked kidney beans or 14 oz (398 mL) can, drained and rinsed
28 oz (796 mL) can crushed tomatoes
Boiling water, if necessary to cover
Salt and ground pepper to season after cooking

DIRECTIONS

1. Set slow cooker to medium or high for a total cook time of 4 to 5 hours.
2. In a deep skillet over medium, heat canola oil. Add cubed beef and brown. Remove and add to slow cooker.
3. Add beef sausage to skillet and brown. Remove and add to slow cooker.
4. Drain half the fat from the pan. Then add onion, celery, peppers, chili powder, cumin, oregano, mustard seeds and red pepper flakes to remaining fat and sauté until browned and fragrant. Add to slow cooker.

5. Reduce heat and add cider vinegar and beef broth, careful as mixture may bubble up. Stir to scrape up all the brown bits from the bottom of the pan. Pour hot liquid into slow cooker.
6. Stir in black, pinto and kidney beans into the slow cooker mixture, combining well.
7. Add crushed tomatoes, and enough boiling water, just to cover mixture, no more.
8. Cover and cook for 5 hours. Serve with homemade Lentil Bread (page 26) for a hearty meal!

NUTRIENTS

Per Serving (1/8 recipe)

470 Calories, 22 g Fat, 7 g Saturated Fat,
81 mg Cholesterol, 34 g Carbohydrates,
10 g Fibre, 3 g Sugar, 36 g Protein,
642 mg Sodium, 1129 mg Potassium,
144 mcg Folate, 129 mg Calcium, 7 mg Iron

TIPS

- This chili is not as thick as a stove top version, as the slow cooker retains all the juices. It gets thicker as it cools, or you can remove the slow cooker lid during the last 30 minutes to get a thicker chili.
- Browning the meat and cooking the vegetables and spices before adding to the slow cooker amps up the flavour and colour of this chili!
- The oils in the jalapeño pepper can irritate the skin. Wearing gloves when removing the seeds and chopping the pepper is recommended. Be careful not to touch your eyes or inside of your mouth until you have thoroughly washed your hands with soap and water.





Yellow Split Pea Dinner Bites

Servings: 16-20 bites

INGREDIENTS

1 cup (250 mL) dried yellow split peas,
rinsed and drained
2 cups (500 mL) water
1/2 cup (125 mL) fine dry bread crumbs
1 egg
1/2 cup (125 mL) chopped cooked spinach
2 Tbsp (30 mL) drained and chopped sun dried
tomatoes in oil
2 tsp (10 mL) oil from sun dried tomatoes
2 cloves garlic, minced
1/2 tsp (2 mL) dried basil
1/2 tsp (2 mL) salt
Freshly ground pepper to taste
Canola oil for brushing or Canola oil cooking spray

DIRECTIONS

1. To cook split peas: In a large saucepan, bring dried peas and water to a boil, cover, reduce heat, and simmer for 30 – 40 minutes, until peas are tender but not mushy. Drain, rinse and set aside.
2. Pre-heat oven to 350°F (180°C).
3. Line a baking pan with parchment paper.
4. In a food processor add cooked split peas, bread crumbs, egg, spinach, sun dried tomatoes, oil, garlic, basil, salt and pepper. Whir until just blended as you want the mixture to be a bit chunky, not a smooth puree. Mixture should pull away slightly from the sides of the processor and will be sticky.
5. With moist hands form 2 Tbsp (30 mL) of the mixture into a roughly textured ball/bite and place on parchment lined baking pan. Lightly brush with canola oil, or spray liberally with canola cooking oil over the bites.
6. Bake for 20-25 minutes until bottoms are browned and tops are dry and lightly browned. Do not overcook as they will become dry.
7. Serve with spaghetti and pasta sauce or add to subs, wraps for a tasty vegetarian meal! Will also work as an appetizer with dip! Freezes well for up to 2 months in an airtight container.

NUTRIENTS

Per Serving (1 vegetarian bite or 1/20 recipe)
49 Calories, 1 g Fat, 0 g Saturated Fat,
10 mg Cholesterol, 7 g Carbohydrates,
1 g Fibre, 1 g Sugar, 3 g Protein, 71 mg Sodium,
135 mg Potassium, 39 mcg Folate, 16 mg Calcium,
1 mg Iron

TIPS

Rather have meatballs? Here's how!

- Decrease dry split peas to 1/2 cup (125 mL) and water to 1 cup (250 mL) in step 1.
- Follow steps 2, 3 and 4.
- Step 5: Remove split pea mixture to a mixing bowl and add 1 lb (500 g) ground meat (chicken, turkey, beef, lamb, pork). Combine just until blended, do not over mix or the meatballs will be tough.
- Step 6: With moist hands form 2 Tbsp (30 mL) of the mixture into a roughly textured ball and place on parchment lined baking pan.
- Step 7: Bake for 20-25 minutes until bottoms are browned and tops are dry and lightly browned. Do not overcook as they will become dry.
- These can also be served with pasta sauce and spaghetti or added to subs or wraps or used as an appetizer with a dip. Will freeze well for up to 2 months in an airtight container.

NUTRIENTS

Per Serving (1 meatball with ground
chicken or 1/20 recipe)
62 Calories, 3 g Fat, 1 g Saturated Fat,
27 mg Cholesterol, 4 g Carbohydrates,
0.5 g Fibre, 0.5 g Sugar, 5 g Protein,
81 mg Sodium, 129 mg Potassium,
25 mcg Folate, 17 mg Calcium, 1 mg Iron





No Knead Lentil Bread

Servings: 8 slices/loaf

INGREDIENTS

- 1 cup (250 mL) canned lentils, rinsed and drained (half of a 19 oz/540 mL can)
- 3 cups (750 mL) all-purpose or bread flour, or any combination of all-purpose and whole wheat, plus more for dusting
- 1/2 tsp (2 mL) active dry yeast
- 1 tsp (5 mL) salt

DIRECTIONS

1. Put the lentils and 1/2 cup (125 mL) water into the bowl of a food processor and puree until smooth.
2. In a large bowl stir together the flour, yeast and salt. Add the lentils along with 1 cup (250 mL) of water and stir until blended; the dough will be shaggy and sticky. Cover the bowl with plastic wrap or a dinner plate and let it rest on the countertop at room temperature for 18-24 hours.
3. When the surface of the dough/batter looks wet and is dotted with bubbles, flour the countertop and scrape the dough out onto it. Sprinkle it with a little more flour and fold it over on itself once or twice, then roughly shape into a ball. (It should be so wet and sticky that you couldn't knead it if you wanted to – resist the urge to add more flour!) Dust with flour, cover with a cotton tea towel and let it sit/rest while the oven is preheating (see next step).

4. While the bread is resting, preheat the oven to 450°F (230°C). Put a 6 - 8 quart heavy covered pot (cast iron, enamel, Pyrex or ceramic) into the oven as it heats. When the dough is ready, carefully remove pot from oven. Slide your hand under towel and flip the dough over into the pot; cover and bake for 30 minutes, then remove the lid and bake another 10 - 15 minutes, until it's crusty and golden.

NUTRIENTS

Per Serving (1 slice or 1/8 recipe)
200 Calories, 0 g Fat, 0 g Saturated Fat,
0 mg Cholesterol, 40 g Carbohydrates,
4 g Fibre, 1 g Sugar, 7 g Protein,
315 mg Sodium, 53 mg Potassium,
92 mcg Folate, 10 mg Calcium, 3 mg Iron

TIPS

Leftover lentils? No problem! Just place in a plastic freezer bag or small airtight container and freeze for up to 6 months. A quick and nutritious addition to soups, salads or casseroles!





Baked Biscuits

Servings: 15 biscuits

INGREDIENTS

1 3/4 cup (425 mL) all purpose flour
1 Tbsp (15 mL) baking powder
1 Tbsp (15 mL) granulated sugar
Dash salt
1/4 cup (60 mL) unsalted margarine
2/3 cup (150 mL) lentil puree (see Tips)
2/3 cup (150 mL) 1% milk

DIRECTIONS

1. Preheat oven to 425°F (220°C).
2. In a medium sized bowl, combine flour, baking powder, sugar and salt.
3. Cut margarine into mixture and add lentil puree (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 1 1/2 - 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!

NUTRIENTS

Per Serving (1 biscuit)
103 Calories, 4 g Fat, 1 g Saturated Fat,
1 mg Cholesterol, 15 g Carbohydrates,
1 g Fibre, 2 g Sugar, 3 g Protein, 78 mg Sodium,
78 mg Potassium, 71 mcg Folate, 46 mg Calcium,
1 mg Iron

TIPS

- To make lentil puree: Drain and rinse a 14 oz (398 mL) can of lentils. Place lentils in a food processor and add 1/4 cup (60 mL) water. Blend until smooth and the consistency of canned pumpkin. If needed, add 1 additional Tbsp (15 mL) water at a time. Measure out what you need and then freeze any leftover puree in a freezer bag or airtight container. Add to soups, hummus, chili or pasta sauce for a nutrition boost!
- A light, delicious biscuit to serve for breakfast or with soup!

Lentils are grown in Zone 1 and 2.

To find out more information, flip to page 34.



Black Bean Pudding - 2 Ways!

Servings: 6



Fruity Chocolate Black Bean Pudding

INGREDIENTS

- 3 Tbsp (45 mL) cocoa
- 1/2 cup (125 mL) fruit jam (raspberry, strawberry, apricot, peach)
- 14 oz (398 mL) can black beans, drained and rinsed
- 1 cup (250 mL) whipping cream
- 1 Tbsp (15 mL) sugar
- Fresh or frozen fruit to garnish, if desired.

DIRECTIONS

1. In a small saucepan over medium heat, combine cocoa and fruit jam and simmer for 1-2 minutes to cook the cocoa. Watch carefully, and reduce heat if necessary as mixture will burn quickly.
2. Place beans and cocoa mixture in a food processor or whirl with an emulsion hand blender until very smooth.

3. In a medium bowl, whip cream with sugar until stiff peaks form. Reserve about 1/2 cup (125 mL) for topping dessert if desired.
4. Fold bean mixture into remaining whipped cream just until blended.
5. Fill individual serving dishes or layer with fresh fruit in a larger bowl. Chill before serving. Serve with additional whipped cream and fruit, if desired.

NUTRIENTS

Per Serving (1/2 cup/125 mL)
276 Calories, 15 g Fat, 9 g Saturated Fat,
54 mg Cholesterol, 33 g Carbohydrates,
5 g Fibre, 16 g Sugar, 5 g Protein,
154 mg Sodium, 253 mg Potassium,
37 mcg Folate, 55 mg Calcium, 2 mg Iron

Hazelnut Chocolate Black Bean Pudding

INGREDIENTS

- 14 oz (398 mL) can black beans, drained and rinsed
- 1/4 cup (60 mL) chocolate hazelnut spread
- 1 cup (250 mL) whipping cream
- 1 Tbsp (15 mL) sugar
- Fresh or frozen berries to garnish, if desired

DIRECTIONS

1. Combine black beans and chocolate hazelnut spread in a food processor and process on high until smooth, or with an emulsion hand blender until smooth. Mixture will be thick.
2. In a medium bowl, whip cream with sugar until stiff peaks form. Remove 1/2 cup (125 mL) for topping dessert if desired.
3. Fold bean mixture into remaining whipped cream just until blended, do not over mix.
4. Fill individual dishes, or layer with fresh berries in a larger bowl. Chill before serving. Serve with additional whipped cream and berries, if desired.

NUTRIENTS

Per Serving (1/2 cup/125 mL)
259 Calories, 19 g Fat, 13 g Saturated Fat,
54 mg Cholesterol, 19 g Carbohydrates,
4 g Fibre, 9 g Sugar, 5 g Protein, 150 mg Sodium,
241 mg Potassium, 34 mcg Folate, 59 mg Calcium,
2 mg Iron

TIPS FOR BOTH RECIPES

- Using an emulsion hand blender makes a very smooth mixture.
- If cooking your own black beans, cook until very soft so you'll have a smooth texture when you make this pudding.
- A 14 oz (398 mL) can of black beans, drained & rinsed yields 1 1/4 cups (300 mL) of beans for these recipes.





Hiker's Cookies or Bars

Servings: 24 cookies/20 bars

INGREDIENTS

19 oz (540 mL) can, white beans drained & rinsed
1/4 cup (60 mL) pea butter or nut butter (peanut, almond, cashew, hazelnut)
1 egg
3 Tbsp (45 mL) canola oil
1 cup (250 mL) brown sugar
1 cup (250 mL) all purpose flour
1 cup (250 mL) oatmeal
1 1/2 cups (375 mL) Trail Mix of preference (nuts, seeds, dried fruits)
1 tsp (5 mL) cinnamon
1/2 tsp (2 mL) baking powder
1/2 tsp (2 mL) baking soda
1/2 tsp (2 mL) salt

MAPLE GLAZE

2 Tbsp (30 mL) maple syrup
1/4 cup (60 mL) icing sugar

DIRECTIONS

1. Pre-heat oven to 350°F (180°C).
2. For cookies: Lightly grease 2 cookie sheets.
3. For bars: Line a 9 x 13 inch (22 x 33 cm) baking pan with parchment paper allowing for 2 overlapping ends to lift cooked bar out of pan.
4. In a food processor whirl beans, pea butter, egg, oil and brown sugar until combined and smooth.
5. In a large mixing bowl combine flour, oatmeal, trail mix, cinnamon, baking powder, baking soda and salt.

6. Stir bean mixture into dry ingredients until well combined. Mixture will be sticky.
7. For Cookies: Spoon 2 Tbsp (30 mL) batter, spaced evenly on the cookie sheets. Bake for 15 - 18 minutes, until bottom of cookie is browned and top is firm to the touch. Do not over bake or cookies will be dry.
8. For Bars: With moist hands or a large spoon dipped in water, press the mixture firmly into prepared pan to compact. Bake for 35 – 40 minutes until lightly browned on top and edges have pulled slightly from the sides. Cool completely in pan. Use the sides of the parchment paper to lift out. Cut into bars.
9. Maple Glaze: In a small bowl, stir maple syrup and icing sugar until smooth. Drizzle lightly over cookies or bars. Allow glaze to harden prior to storing in an airtight container.

NUTRIENTS

Per Serving (1 cookie not including glaze)
161 Calories, 6 g Fat, 1 g Saturated Fat, 8 mg Cholesterol,
23 g Carbohydrates, 2 g Fibre, 14 g Sugar, 4 g Protein,
132 mg Sodium, 1 mg Iron

TIPS

- Freezes well for up to 2 months.
- White beans include Great Northern, navy, cannellini, white kidney or you can use romano or pinto beans!





Bean & Maple Syrup Bars

Servings: 24 bars

INGREDIENTS

BASE

- 2 cups (500 mL) all purpose flour
- 1 cup (250 mL) brown sugar
- 1/2 cup (125 mL) butter, cut into pieces, at room temperature

FILLING

- 1 1/2 cups (375 mL) cooked white beans or canned, rinsed and drained
- 2/3 cup (150 mL) maple syrup
- 3 eggs
- 1/2 cup (125 mL) brown sugar
- 1/2 cup (125 mL) melted butter
- 1 cup (250 mL) chopped pecans

GARNISH (Optional)

- 2 oz (60 g) semi-sweet chocolate
- 24 halved pecans

DIRECTIONS

1. Preheat oven to 350°F (180°C).
2. Base: In a food processor or mixing bowl, combine the flour and sugar. Add the butter pieces and pulse or cut in until crumbly. Transfer into a greased 9 x 13 inch (22 x 33 cm) pan and press evenly into bottom. Set aside.

3. Filling: In a food processor or blender, puree beans and maple syrup. When smooth, add the eggs, sugar and butter and blend well.
4. Sprinkle chopped pecans evenly over base then pour filling over top. Bake for 30 minutes or until set in the middle and lightly browned. Cool to room temperature.
5. Optional garnish: In a double boiler, melt chocolate over barely simmering water. Drizzle chocolate over bars in a criss-cross pattern. Refrigerate the bars until chocolate has set. Cut bars into triangles and garnish each one with a pecan half.

NUTRIENTS

Per Serving (1 bar)
273 Calories, 15 g Fat, 6 g Saturated Fat,
47 mg Cholesterol, 33 g Carbohydrates,
2 g Fibre, 21 g Sugar, 4 g Protein, 74 mg Sodium,
158 mg Potassium, 53 mcg Folate, 41 mg Calcium,
2 mg Iron

TIPS

White beans include Great Northern, navy, cannellini, white kidney or you can use romano or pinto beans.





Pumpkin Loaf

Servings: 14

INGREDIENTS

1 1/4 cup (300 mL) cooked lentils or a 14 oz (398 mL) can no salt added lentils, drained and rinsed
1/3 cup (75 mL) water
1 cup (250 mL) canned pumpkin puree
1/4 cup (60 mL) canola oil
2 eggs
3/4 cup (175 mL) granulated sugar
1 Tbsp (15 mL) orange zest
1 cup (250 mL) all-purpose flour
1 cup (250 mL) whole wheat flour
2 tsp (10 mL) baking powder
1/2 tsp (2 mL) baking soda
1 1/2 tsp (7 mL) cinnamon
1/4 tsp (1 mL) ground cloves
1/4 tsp (1 mL) ground ginger
1/4 tsp (1 mL) salt
Canola oil cooking spray

DIRECTIONS

1. Preheat oven to 350°F (180°C).
2. Place lentils in a food processor. Add water and blend until smooth and a consistency similar to canned pumpkin. Add additional water 1 Tbsp (15 mL) at a time if more moisture is needed to reach the proper consistency.

3. In a medium bowl, mix lentil puree, pumpkin, oil, eggs, sugar and orange zest.
4. In another bowl, combine flours, baking powder and soda, cinnamon, cloves, ginger and salt. Add dry mixture to pumpkin mixture and stir together.
5. Spray 9 inch (22 cm) loaf pan with cooking spray. Pour batter into loaf pan. Bake loaf for 1 hour or until a toothpick inserted in centre comes out clean. Cool for ten minutes and remove from loaf pan to let cool completely on wire rack.

NUTRIENTS

Per Serving (1 slice or 1/14 recipe)
180 Calories, 5 g Fat, 1 g Saturated Fat,
28 mg Cholesterol, 29 g Carbohydrates,
3 g Fibre, 12 g Sugar, 5 g Protein, 126 mg Sodium,
151 mg Potassium, 77 mcg Folate, 38 mg Calcium,
2 mg Iron

TIPS

To get 1 1/4 cup (300 mL) cooked lentils, combine 1/2 cup (125 mL) dry lentils with 1 1/2 cups (375 mL) water in a medium saucepan, bring to a boil then simmer for 5-20 minutes until tender. Add water as needed to keep the lentils covered. Once cooked, rinse under cool water. Set aside to cool before adding to recipe.





Chickpea Apple Cake

Servings: 18-24

INGREDIENTS

4-5 apples, peeled, cored and chopped into small chunks (about 5 cups prepared)
3 Tbsp (45 mL) sugar
1 Tbsp (15 mL) cinnamon

CAKE

14 oz (398 mL) can chickpeas,
rinsed and drained
3 large eggs
1/2 cup (125 mL) butter
1/4 cup (60 mL) canola oil
1 1/4 cups (300 mL) brown sugar
1 Tbsp (15 mL) vanilla
2 cups (500 mL) all-purpose flour
1 Tbsp (15 mL) baking powder
1 tsp (5 mL) cinnamon
1/4 tsp (1 mL) nutmeg
1/4 tsp (1 mL) salt
1/4 cup (60 mL) milk
Icing sugar for dusting (optional)

DIRECTIONS

1. Preheat oven to 350°F (180°C).
2. To prepare the apples, toss them with the sugar and cinnamon and set aside.
3. Process chickpeas and eggs in a food processor or blender until smooth and set aside. In a large

bowl, beat the butter, oil, and brown sugar until well combined. Add the chickpea mixture and vanilla and beat again. In a medium bowl, stir together flour, baking powder, cinnamon, nutmeg and salt. Add half of the flour mixture to the butter mixture, and beat until just combined. Add the milk, and beat again, then the rest of the flour mixture, and beat until just combined.

4. Butter and flour a 9 x 13 inch (22 x 33 cm) pan, and spread the batter out in the pan. Pour the apples evenly over top, then press the apples into the batter with the back of a large spoon until the batter just starts to press up through the apples.
5. Bake in the middle of the oven for about 50 minutes, or until a tester inserted in the centre comes out clean. Do not over bake or cake will be dry. Cool completely before cutting into squares. Dust slices with icing sugar before serving if you wish.

NUTRIENTS

Per Serving (1 slice or 1/18 recipe)
242 Calories, 10 g Fat, 4 g Saturated Fat, 47 mg Cholesterol,
35 g Carbohydrates, 2 g Fibre, 21 g Sugar, 4 g Protein,
166 mg Sodium, 126 mg Potassium, 60 mcg Folate,
60 mg Calcium, 1 mg Iron

TIPS

Can be served warm for dessert or cold for an after school snack.

Chickpeas are grown in Zone 1 and 2.

To find out more information, flip to page 34.





Where are Pulses Grown?

What Pulse Grows Where in Alberta

FIELD PEAS

Field peas, which include whole and split green and yellow peas, are the most widely grown crop, being produced in all zones including Southern Alberta, through Central Alberta and right up into the Peace River Region.

DRY BEANS

Dry bean production occurs predominantly in Zone 1 in the irrigated fields of Southern Alberta, surrounding Bow Island, Taber and Vauxhall. Dry beans grown in Alberta include black, pinto, Great Northern, red and yellow beans.

CHICKPEAS

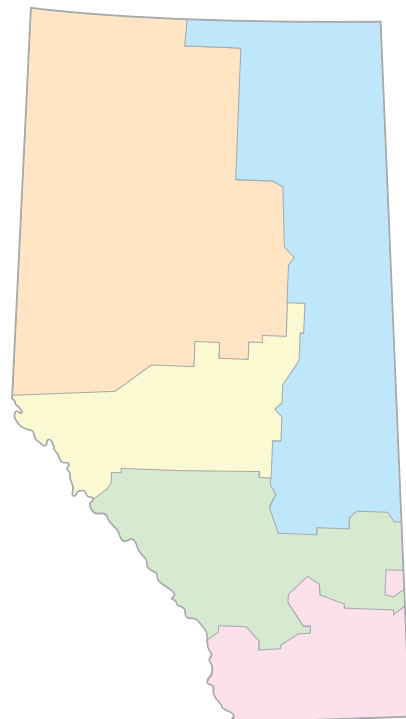
Chickpea production occurs predominantly in Zones 1 and 2 in Southern Alberta, where the growing season is longest.

LENTILS






Lentil production also occurs predominantly in Southern Alberta in Zones 1 and 2, along with a small strip along the eastern border.

FABA BEANS

Faba bean (also known as Fava beans in other countries) production occurs in the moister regions of the province in Zones 3 and 5 which includes Central, North-central and Peace River regions of Alberta and irrigated areas of Southern Alberta in Zones 1 and 2.



ZONE LEGEND

-  Zone 1
-  Zone 2
-  Zone 3
-  Zone 4
-  Zone 5



Acknowledgements

Thank you!

Alberta Pulse would like to thank our pulse partners at Canadian Lentils, Ontario Bean Growers, Pulse Canada and Saskatchewan Pulse Growers, as well as 10th Kitchen for sharing their recipes and photographs with us.

Sources

ALBERTA PULSE

New Recipes!

- Beans & Rice Master Mix
- Black Bean Pudding - 2 Ways!
- Green Split Pea & Cauliflower Soup
- Hiker's Cookies or Bars
- Pulse Salad Bowls
- Rainbow Salad
- Slow Cooker Three Bean Beef Chili
- Yellow Split Pea Dinner Bites

CANADIAN LENTILS

- Citrus Berry Shake
- Lentil Granola
- Hoisin Turkey & Lentil Lettuce Wraps
- No Knead Lentil Bread
- Pasta e Fagioli

ONTARIO BEAN GROWERS

- Bean & Maple Syrup Bars

PULSE CANADA

- Baked Biscuits
- Pina Colada White Bean Smoothie
- Pumpkin Loaf
- Roasted Chickpea Snack

SASKATCHEWAN PULSE GROWERS

- Chickpea Apple Cake

10TH KITCHEN

- Yellow Split Pea Hummus





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