

Cooking & Baking with Pulses

Adding chickpeas, beans and lentils into recipes is an easy, affordable and delicious way to boost nutrition every day!

What are pulses?

Pulses are part of the legume family. They consist of dried peas, beans, chickpeas and lentils.

Nutrition

Pulses are full of high-quality protein, high in fibre and rich in essential vitamins & minerals like iron and folate!

Buying & Storing

Store canned or dried pulses in cool, dry place. Up to 1 year. Cooked purées will keep for 6 months in the freezer.

Purées

Purée pulses in bulk and use for future recipes.
To purée : add ¼ cup liquid for every cup cooked pulses
1 cup whole rinsed pulses = ¾ cup puree

Rinsing and Soaking

Rinse canned pulses to reduce the sodium content. Dry pulses do not need to be rinsed. Dry pulses like beans and chickpeas need to be soaked before use but lentils do not!

Clever ways to add pulses to your menu:

Roast chickpeas and serve as a snack, in a salad or trail mix

Swap out ½ the butter or oil in a recipe with white bean or lentil puree

Swap out ½ meat in lasagna, burgers, meatloaf or chili with lentils

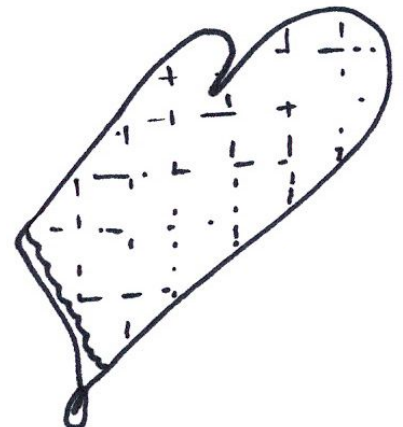
Add dried split peas to a soup! They need about 1 hour to cook!

Where to begin?

Adding pulses to baking is simple! Pair complementary colours and flavours for best results! Like white bean & carrot muffins!

Check out the websites below for some great recipes for using pulses in everyday cooking and baking:

- www.pulsecanada.com
- <https://www.lentils.org/>
- www.albertapulse.com/recipe/



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