



PEAS • LENTILS • CHICKPEAS

# THE POWER OF PULSES

*The nutritional benefits of pulses make meeting school nutritional guidelines easy.*



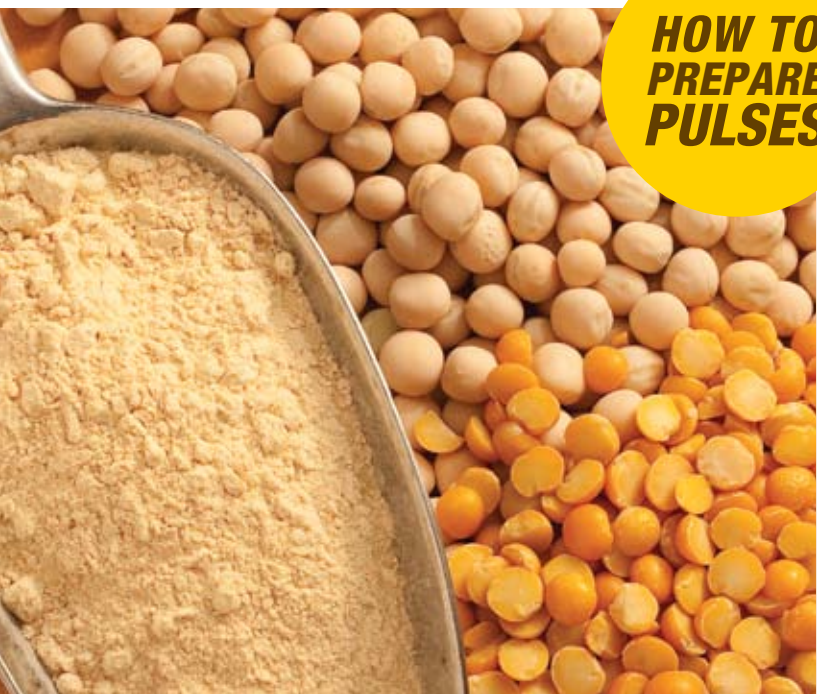


# WHY PULSES?

Pulses are the edible seeds of legumes, such as lentils, peas and chickpeas. They are a nutritional powerhouse rich in protein, dietary fiber and complex carbohydrates. They also contain vitamins B1, folate, iron and potassium. Pulses are low in fat and trans fat free. They are also cholesterol free with small traces of sodium.

Please enjoy the recipes in this brochure or get creative and add pulses to your existing dishes. All of our recipes are kid tested and mother approved! Bon Appétit!

## HOW TO PREPARE PULSES



### PREPARING DRY PEAS (SPLIT OR WHOLE)

**Split peas** do not require an overnight soaking. Use 2 cups of water for each cup of dry peas. Heat water to boiling, then simmer split peas for about 30 minutes to desired tenderness.

#### **Whole peas**

- Soak whole peas in water overnight or use one of the methods listed on the right.
- To cook: After soaking, cook whole peas for 35 to 40 minutes to desired tenderness.

**Yield: 1 cup split peas + 2 cups water  
= About 2 cups of cooked split peas**



## TOP 5 TIPS TO HELP INCORPORATE PULSES INTO YOUR SCHOOL LUNCH PROGRAMS!

- 1** Add to dishes you already serve that include legumes such as chili, baked beans, casseroles and stir fry. Lentils are an easy substitute for rice or pasta.
- 2** Add to canned soups and stews for more protein, low-fat, high fiber, cold-weather comfort food.
- 3** Incorporate into existing Mexican entrees, such as corn salsa, bean and cheese burritos, tacos and super nachos.
- 4** Add to meatloaf, spaghetti sauce, lasagna and sloppy joes.
- 5** Hummus made from chickpeas is packed with nutrition and a great addition to any salad bar.

### SOAKING METHODS

- Traditional slow soak: Cover 1 pound of dry peas with 10 cups of water and refrigerate 6 to 8 hours or overnight.
- Hot soak: Bring 10 cups of water to a boil in a sauce pot, add 1 pound dry peas and return to boil. Allow to stand at room temperature for 2 to 3 hours.
- Quick soak: Bring 10 cups of water to a boil, then add 1 pound of dry peas. Boil 2 to 3 minutes. Allow to stand at room temperature for 1 hour.

### PREPARING LENTILS

- Remove any small stones, then place in strainer and rinse with water. You do not need to soak lentils.
- For every cup of lentils, add 2.5 cups of unsalted water. Heat water to boiling, then simmer lentils for 15 to 20 minutes.

**Yield: 1 cup lentils + 2.5 cups water  
= About 2.5 cups of cooked lentils**



**DID YOU  
KNOW?**

If you use equal portions of ground beef and cooked lentils with any recipe that calls for ground beef, you will lower the fat and cholesterol, plus **ADD** fiber, protein, iron and more!

# Spaghetti el Lentil

*The combination of ground beef and lentils makes this red sauce a nutritional home run! Plus, it's quicker and less expensive to prepare as you boil the lentils at the same time you are frying half the amount of ground beef.*

## Ingredients

2 #10 cans, low sodium tomato sauce	1/3 C. dried basil
2 T. garlic powder	1/3 C. dried parsley
2 T. onion powder	7 1/2 C. browned ground beef (3 lbs. raw)
1/3 C. oregano	6 C. lentils (cook to package directions)

## Directions

1. Stir all ingredients in a saucepan and simmer for 30 minutes.
2. Serve over spaghetti or your choice of pasta.
3. Sprinkle with parmesan cheese.

*Makes 48 servings. Each serving has 140 calories, 3 grams (g) fat, 13 g protein, 15 g carbohydrate, 4 g fiber and 45 milligrams sodium.*





# Split Pea Salsa

*A unique and nutritious version of the traditional bean and corn Mexican salsa.  
Serve with tortilla chips.*

## Ingredients

5 C. dry split peas, rinsed

12 1/2 C. water

1 #10 can black beans  
drained and rinsed

10 C. frozen corn

5 red bell peppers, chopped

1 1/4 C. cilantro, chopped

1 1/4 C. lime juice

10 medium tomatoes, diced

2 1/2 C. onion, diced

4-5 tsp. ground cumin

## Directions

In a medium saucepan, bring peas and water to a boil, reduce heat, cover and simmer until peas are tender (about 20 minutes). Drain and transfer to a large bowl. Wash and prepare all produce. Combine all ingredients in a large bowl. Serve with tortilla chips.

*Makes 50 servings. Each serving has 100 calories. 0.5 grams (g) fat, 5 g protein, 20 g carbohydrate, 6 g fiber, 250 milligrams sodium.*



# Souped Up Sloppy Joes

*This combination of ground beef and lentils provides a healthy new twist on a traditional family favorite. Cutting fat and cholesterol and adding fiber, protein and iron!*

## Ingredients

4 lbs. lean ground beef	1/2 C. yellow mustard
1 C. dried onion flakes	2 tsp. pepper
8 C. lentils (cook to package directions)	48 whole wheat hamburger buns
5 - 18.5 oz. cans	48 slices cheddar cheese (optional)*
low sodium chicken gumbo soup	
7 C. water	
1 1/2 C. ketchup	

## Directions

1. In a skillet or on a grill, brown ground meat over medium-high heat, with dried onion flakes, pepper lightly.
2. In a large pot, stir in the soup, water, ketchup, mustard, pepper, ground meat and cooked lentils. Turn heat to medium; simmer uncovered until all of the liquid is absorbed and the mixture is thick and rich. Approximately 45 - 60 minutes. Stir frequently. Serve with veggies, chips and pickles.

*Makes 48 servings. Each serving has 280 calories. 6 grams (g) fat, 20 g protein, 36 g carbohydrate, 7 g fiber, 430 milligrams sodium. \*Nutritional analysis does not include cheese.*





**DID YOU  
KNOW?**

**Pulses cover  
TWO food groups!**

**Pulses can count  
either toward the  
“Vegetable Group”  
recommendation or  
toward the “Protein  
Group” as a meat  
alternate.**

# Acini de Pea Confetti Salad

*Acini de Pepe is a popular bead shaped Italian pasta. Green and yellow split peas combined with sweet peppers, fresh basil and garlic makes a colorful and nutritional addition to any salad bar.*

## Ingredients

- |   |   |
|---|---|
| 4 - 16 oz. packages of acini de pepe pasta*<br>(cook to package directions) | 2 C. olive oil                              |
| 4 sweet yellow peppers, diced   | 16 cloves garlic, chopped fine              |
| 4 sweet red peppers, diced  | 4 tsp. salt                                 |
| 2 C. cooked green split peas  | 2 tsp. pepper                               |
| 2 C. cooked yellow spit peas  | 4 - .75 oz. containers fresh basil, chopped |

## Directions

1. Cook the acini de pepe according to package directions, set aside.
2. In a large pot on medium-high heat, add the olive oil and warm for a minute, add the peppers and saute for 1 minute, add the cooked peas and garlic and stir for 1 minute.
3. Add the acini de pepe and warm through, stirring frequently, you may need another splash of olive oil.
4. Remove from the heat, add salt, pepper and fresh basil. This dish is good, warm, cool or at room temperature.

*\*If Acini de Pepe is unavailable you can substitute the same amount of small ring pasta.*

*Makes 48 servings. Each serving has 250 calories, 10 grams (g) fat, 7 g protein, 35 g carbohydrate, 4 g fiber, and 200 milligrams sodium.*



***DID YOU  
KNOW?***

**Supplementing your recipes with cooked lentils, not only adds protein, fiber and iron, it also allows you to save time and money by purchasing and browning less ground beef.**

# Zesty Pizza Subs

*This quick and easy recipe provides the flavor of pizza that kids love, in an easy to serve sub sandwich.*

## **Ingredients**

- |  |  |
|--|--|
| 5 lbs. lean ground beef  | 8 - 15 oz. cans, low sodium pizza sauce                              |
| 1 3/4 C. lentils (cook to package directions)<br>(approximately 5 C. cooked) | 6 1/4 C. low sodium shredded mozzarella cheese<br>(1 1/2 T. per sub) |
| 3 T. Italian seasoning   | 50 - 6" whole wheat subs   |
| 3 tsp. pepper  |  |

## **Directions**

1. Brown the ground beef, set aside.
2. Boil lentils until tender, approximately 25 - 30 minutes, drain.
3. In a large cooking pot, combine ground beef, cooked lentils, Italian seasoning, pepper and pizza sauce, heat through on medium heat or warm in 350 degree oven.
4. Serve on a whole wheat sub, top with 1 1/2 T. of cheese.

*Makes 50 servings. Each serving has 350 calories, 9 grams (g) fat, 23 g protein, 43 g carbohydrate, 7 g fiber, 460 milligrams sodium.*





***DID YOU  
KNOW?***

**Pulses, such as lentils, have a long shelf life, are easy to prepare, affordable and make a perfect low-cost meat extender.**

# South of the Border Tacos

*Lentils and ground beef are a delicious and nutritious combination. This versatile mixture works well for tacos, burritos, nachos, taco salads and more!*

## **Ingredients**

### **Spice mixture - combine and set aside.**

6 T. chili powder  
4 T. corn starch  
4 T. cumin  
4 T. oregano  
2 T. garlic powder  
2 T. onion powder  
1 T. salt

3 lb. lean ground beef  
2/3 C. dried onion flakes  
6 C. lentils (cook to package directions)  
6 C. water  
4 1/2 C. low sodium shredded cheddar cheese  
(1 1/2 T. per taco)  
48 taco shells

## **Directions**

1. In a skillet or on a grill, brown ground beef over medium-high heat, with the dried onion flakes, salt and pepper lightly.
2. In a large pot, add the cooked lentils and browned meat. Stir in the spice mixture and water. Bring to a boil. Reduce the heat and simmer until mixture thickens to desired consistency. Approximately 5 - 10 minutes.
3. Serve in taco shells and top with cheese, lettuce, and tomato if desired.

*Makes 48 servings. Per serving: 170 calories, 6 grams (g) fat, 15 g protein, 15 g carbohydrate, 3 g fiber and 240 milligrams sodium.*



The 3 grams of carbohydrates per tablespoon of hummus is in the form of healthy complex carbohydrates. Hummus has no sugar and relatively little sodium.

**DID YOU  
KNOW?**



# Veggie Dip

*This delicious dip is a real crowd pleaser, low in fat and packed with fiber, protein and iron. Serve with crisp veggies.*

## Ingredients

2 - #10 cans of chickpeas, drained\* (reserve some liquid)  
2 T. jarred garlic, or 12 cloves  
4 T. cumin  
1.5 C. lemon juice  
3/4 C. extra virgin olive oil

## Directions

Turn on the food processor fitted with the steel blade and drop the garlic down the feed tube; process until minced, unless you are using jarred garlic. In a large bowl combine all of the ingredients, including the garlic and mix well. Puree the chickpea mixture in batches in the food processor. If the mixture is too thick you may need to add a few tablespoons of the reserved liquid. Stir well and serve chilled or at room temperature with fresh vegetables.

*\*Rinse the canned chickpeas to reduce added sodium.*

*Makes 48 servings. Each serving has: 120 calories, 5 grams (g) fat, 4 g protein, 15 g carbohydrate, 4 g fiber and 230 milligrams sodium.*





***DID YOU  
KNOW?***

**By adding 7% pea flour to your baked goods recipe, you can boost the fiber by 1.4 grams. In fact, every 10 grams or 1/4 cup of pea flour hikes both protein and dietary fiber by a hefty 2.5 grams.**

# Fudgy Chickpea Brownies

*This delicious and nutritious dessert is not only tasty, it is gluten-free!*

## Ingredients

4 1/2 C. semi-sweet chocolate chips\*  
3 - 15 oz. cans of chickpeas, rinsed and drained  
12 eggs  
2 1/4 C. sugar  
1 1/2 tsp. baking powder\*

*\*Check that these items are gluten-free*

## Directions

Preheat oven to 350 degrees. Grease an 18 inch by 13 inch sheet pan. Melt chocolate chips in a microwave-safe bowl, stirring occasionally until chocolate is smooth. Combine chickpeas and eggs in food processor or blender and process until smooth. Add sugar and baking powder; blend. Pour in melted chocolate, blend until smooth. Transfer batter to pan. Bake for 25 minutes or until toothpick inserted in the center of cake comes out clean. Cool on wire rack. Sprinkle with powdered sugar if desired.

*\*Photo above indicates a stacked and frosted brownie. Nutritional analysis is based on a single layer brownie without frosting and raspberries.*

Note: When doubling recipe for a full-size sheet pan, increase baking time to 30 to 35 minutes or until toothpick inserted in center of cake comes out clean.

*Makes 54 servings. Each serving has 160 calories. 7 grams (g) fat, 4 g protein, 23 g carbohydrate, 2 g fiber, and 100 milligrams sodium. \*Nutritional analysis does not include frosting.*



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**Pulse Growers**  
Association

Bismarck, North Dakota

For more nutrition and recipe information visit our website at: [www.northernpulse.com](http://www.northernpulse.com)