

# POWERING THE HERO WITHIN!

SAVING THE DAY!



Super Lentil



Bat Pea in the Podmobile



Wonder Chickpea

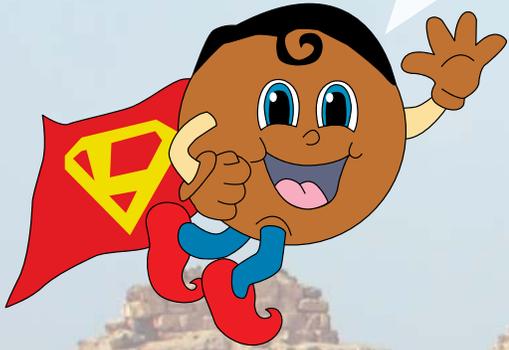


Northern  
Pulse Growers  
Association

**Pulses have been “saving the day” for thousands of years!**

Peas, lentils and chickpeas are among the oldest cultivated plants, going back some 10,000 years, and found in Egyptian pyramids which were built over 4,000 years ago. Pulse comes from a Latin word meaning “thick soup.”

# HERE I COME TO SAVE THE DAY!



## WHY WE NEED THE POWER OF PULSES...

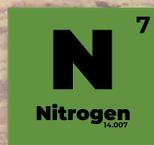
When a plant makes seed, it needs to pack in enough good nutrients for a baby plant to use for survival and growth until it can make it's own food. So when you eat pulses: peas, lentils or chickpeas, you are eating seeds. You are getting all the nutrients that were meant for a new seedling. Pulses are packed with **protein** to keep your body working the way it should, **fiber** to keep your tummy moving, and **Vitamin B** to give you energy.

## PULSES SAVE THE DAY

Pulses can be a source of protein or a vegetable. By eating them you can keep yourself **super healthy** and **strong**. Peas, lentils and chickpeas are vegetables, but they have so much protein that they rank in the meat group, too. Lentils are also an excellent source of **fiber** with almost 16g per cup. *Now that packs a punch!*

**PULSES**

True heroes aren't measured by their strength, but by the size of their hearts! So keep your heart healthy!



2

Pulses create their own nitrogen which is a critical ingredient for building proteins.

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

STRENGTHEN YOUR INNER

# SUPER HERO

WITH PULSES

What is the most valuable thing you own? Yes – it's your body and you need it to run smoothly for a lifetime. It needs proper care and one way to do this is by eating healthy. Pulses are the perfect fuel to help keep your body super healthy – super hero!

## SCRAMBLED

### PULSE WORDS

Unscramble the words below to form pulse words found in this book.

Can you name **5** different Pulses?

## YEAH VEGGIES!

Let's talk about the importance of vegetables. Popeye was right about spinach! But peas, lentils and chickpeas are super foods, too! Meat, poultry, fish, dried beans, pulses, eggs and nuts are proteins. You should eat protein-rich foods each day and try including pulses into your diet 3 times a week..



1 UTRINTSOIU

2 REPROHUES

3 SETLABGEVE

4 NITEROP

5 STINELL

6 SELPUS

7 PIKCSEACH

**PULSES ARE SUPER FOODS!**



THE

**POW!**

# OF PULSES



- They are **rich in Zinc**, which is crucial to building a **healthy immune system**.
- Your **skin, bones and muscles** need protein to grow and stay healthy.
- Researchers say that eating veggies every day, especially peas, lentils and chickpeas, may **reduce the risk of heart disease, diabetes and certain types of cancer**.
- Pulses are being recognized for their role in promoting good health because they are **packed full of protein, fiber, iron, Vitamin C and many nutrients, and are also gluten-free**.

LENTILS MAKE YOUR **BODY STRONG**

## Pet Food

Pulses are as healthy for pets as they are for humans. Full of protein and folic acid, they are an essential dietary component for dogs and cats.

PICK THE CORRECT PAW PRINT AND HELP LUCKY DOG FIND HIS BOWL!







## Health and Nutrition

Being healthy is the greatest superpower of all. Whether you're in the classroom or outside on the field, these marvel-inspired recipes will help give you the energy and strength you need for your ultimate performance.

# SOME SUPER DELICIOUS RECIPES



## Lentil Brownies

- ½ cup butter or margarine
- 3 eggs
- ½ cup lentil puree
- 1 tsp vanilla
- ¾ cup cocoa
- 1 cup flour
- 2 cups sugar
- 1 cup chocolate chips
- ¾ tsp salt
- 1 cup walnuts (optional)

*These brownies have half as much butter as other recipes and stay scrumptiously soft for days.*

1. Melt butter, mix in lentil puree, cocoa, sugar and salt. Add eggs, one at a time. Mix in vanilla. Add flour, chocolate chips and walnuts.
2. Bake in a greased 9x13 inch pan at 350 degrees for 22 minutes or until a toothpick inserted in the center comes out clean.

Healthy eating means that you choose to eat the right mixture of foods every day like fruit, vegetables, grains, milk, meat, fish and nuts. Orange you ready to eat healthy? Peas!

Let's talk about the importance of vegetables. Popeye was right about spinach! But peas, lentils and chickpeas are superfoods, too!

Meat, poultry, fish, dried beans, pulses, eggs and nuts are full of protein. You should eat protein-rich foods each day.

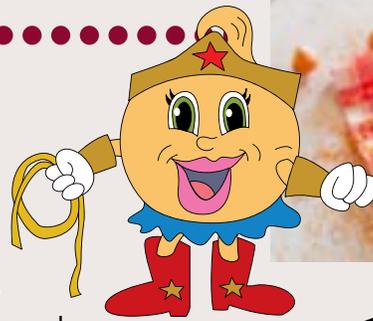


## Cajun Roasted Chickpeas

1 (15-ounce) can chickpeas, drained and rinsed  
2 Tbsp. olive oil  
1 tsp. Cajun seasoning

### Directions

Preheat oven to 350 F. Line baking sheet with aluminum foil for easy cleanup. Drain and rinse the chickpeas and then pat dry with a paper towel. Discard any excess skins that fall off in the washing. In a medium bowl, toss the chickpeas with olive oil and Cajun seasoning and spread out into a single layer on a baking sheet. Bake 50 minutes or until chickpeas reach a desired crunch. Check and stir the chickpeas every 10 minutes to ensure they do not burn. Remove from oven and cool completely. Serve.



## Lentil Granola Bars

Makes 35 bars

2/3 cup shredded coconut  
3/4 cup lentil puree  
2 cups quick-cooking rolled oats  
1/2 canola oil  
1 cup brown sugar, lightly packed  
1 egg, beaten  
1/3 cup pellet-like bran cereal  
1/2 tsp vanilla extract  
1/2 tsp cinnamon  
1/4 cup semi-sweet chocolate chips, melted

1. Place rack in center of oven. Preheat to 350 degrees. In a medium bowl, mix coconut, oats, brown sugar, bran cereal and cinnamon. Add lentil puree, oil, egg and vanilla. Mix until dry ingredients are just moistened.
2. Spread over a 10 1/2" x16" nonstick cookie sheet. Bake 30 minutes, or until lightly browned.
3. While bars are still warm, drizzle chocolate over top and cut into 35 bars.



## Chickpea Chocolate Cake

Makes 9 servings

1 1/2 cups semi-sweet chocolate chips  
3/4 cup white sugar  
1-15 oz. can chickpeas, drained  
1/2 tsp baking powder  
4 eggs



*This is a very moist, rich cake and can be used for any occasion!*

1. Preheat oven to 350 degrees F. Grease 9-inch round cake 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.
2. Add sugar and baking powder, blend. Pour in melted chocolate, then blend until smooth. Transfer batter to prepared cake pan.
3. Bake for 40 minutes or until toothpick inserted in center of cake comes out clean. Cool on wire rack. Frost.

### Optional toppings:

German chocolate frosting, powdered sugar, or fresh berries.

MMMM...



# ACROSS THE NATION...

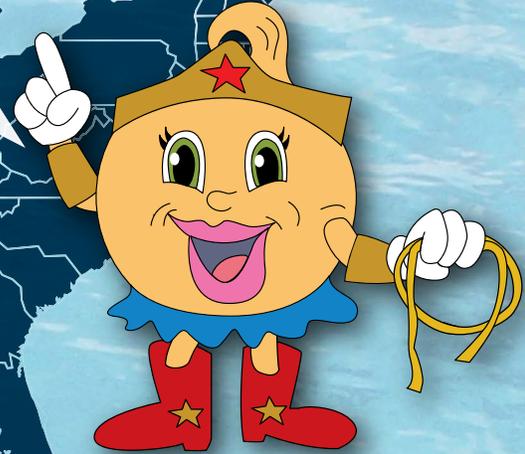
MT

ND

#1

Did you know Montana and North Dakota farmers are the **top producers of peas and lentils** in the United States?

They grow **over 80%** of all pulse crops grown in the entire U.S.!



Scrambled Answers: 1. Nutritious 2. Super Hero 3. Vegetables 4. Protein 5. Lentils 6. Pulses 7. Chickpeas

## WHAT ARE **PULSES** AGAIN?

**Pulses** are grown in pods and are harvested as dried seeds. The most well-known are beans, peas, lentils and chickpeas.



Northern  
**Pulse Growers**  
Association

1710 Burnt Boat Drive, Suite 4  
Bismarck, ND 58503

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