

pulses:

the heart of healthy eating



Northern
Pulse Growers
Association

“Working for the Producer”



dry peas ~ lentils ~ chickpeas

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Introduction

Be it sweet or savory, they have an affinity for herbs and spice.

The Northern Pulse Growers Association hopes you enjoy these delicious pulse recipes. All of the recipes use dry peas, lentils or chickpeas and are very easy to prepare. (Chickpeas can also be bought canned.)

Pulses have been part of the world's cuisine for centuries, dating back to the exotic spice trading days. But the ancients who first cultivated these soil-enriching crops as early as 6,000 B.C. wouldn't have guessed they were growing the world's first super food. Pulses are the nutritionally-packed seeds of legumes and include dry peas, lentils and chickpeas. Today they continue to form the foundation of healthy diets in the Mediterranean, India, Africa, Australia, the Middle East, South America and now in North America.

Americans are more adventurous eaters today, growing in their understanding and appreciation for world-wide gastronomy and flavor profiles. With Old World flavors and textures again fashionable, chefs are rediscovering pulses in classical Mediterranean dishes.

Top 10 Reasons to Eat Peas, Lentils and Chickpeas

1. Excellent Sources of Fiber.
2. Good sources of Protein.
3. Peas and lentils are fat-free, chickpeas are low fat.
4. Peas and Lentils are sodium-free, chickpeas are very low sodium.
5. Good Sources of Iron.
6. Excellent Sources of Folate
7. Lentils are a good Source of Potassium.
8. Low Glycemic index/load ingredients.
9. Gluten-Free.
10. Cholesterol-free.

Buying and Preparing Pulses

Pulses are available in grocery stores in different forms, including canned, in plastic bags and/or in bulk. You can find chickpeas (garbanzo beans) with other ready-to-use canned beans. Lentils and whole/split peas are available dry and usually are near the rice and dry beans.

Pulses should be rinsed and cooked before eating.

Preparing lentils and whole peas/split peas do not require soaking prior to cooking. Just boil them at a low simmer and they will be tender in 10-45 minutes, depending on legume variety or mineral content of the cooking water. Cover and simmer until tender 15 to 20 minutes for salads and as long as 60 minutes for puree. Add water if necessary. Taste test for desired tenderness 10-15 minutes before the end of the cooking time.

Preparing chickpeas: choose your soaking method: *Long soak* – 3 cups of cold water for each cup of dry chickpeas, let stand for 8-24 hours and drain. *Quick soak* - 3 cups of cold water for each cup of dry chickpeas, boil 2 minutes, remove from heat, cover and let stand for one hour. Drain. *Cook* – after soaking, cook chickpeas with fresh cold water; simmer gently 2 to 3 hours, until tender. Drain.

Tips:

- Peas, lentils and chickpeas: 1 cup dry = 2 ½ cups cooked.
- Use unsalted water, adding salt may cause the peas, lentils or chickpeas to toughen during cooking.
- Acidic ingredients (such as tomatoes) also slow cooking, so add them late in the cooking process.
- The longer they cook, the softer they get.
- Pulses can be stored indefinitely but after a year their color will begin to fade and they will become dryer and take longer to cook.
- Cooked peas, lentils and chickpeas can be stored in an airtight container and refrigerated for 4 to 5 days. Cooked pulses can also be stored in the freezer for up to six months, but freezing them may affect their texture when reheated.
- When cooking pulses, be sure to check for tenderness before the end of the suggested cooking time. Most suggested cooking times are longer than necessary and could cause the pulses to become mushy.

Legumes are easy to keep on hand. They can be stored indefinitely when kept cool and dry. They also provide delicious nourishment at a price that can't be beat.

Nutrition Information

For nutrient content and other properties, pulses can play a role in several special diets:

Gluten-free diet: Pulses contain no gluten; therefore, people with celiac disease can use chickpeas, lentils or peas as an ingredient in recipes.

Diabetic diet: For Diabetics, consuming lentils, peas and beans may help with blood glucose management. Compared with some other carbohydrate sources, pulses have a lower glycemic index.

Vegetarian diets: Pulses are good sources of protein, vitamins and minerals, which makes them an excellent food choice for vegetarians.

Weight management diet: For people trying to lose weight, pulses are high in fiber and protein, low in fat and moderate in calories.

Pulses are a good source of soluble fiber (which helps lower cholesterol), complex carbohydrates, vitamins and minerals. Most pulses provide useful iron and B vitamins for vegetarian and vegan diets. Pulses are also low on the glycemic index and are low in fat.

Nutrition note: When consuming extra fiber, be sure to drink plenty of fluids.

Pea Protein – Eggs Optional - Low Allergen

Good things come in small packages, so it's no big surprise that the protein portion of a pea would offer consumers a functional and affordable egg alternative. With food allergies afflicting up to 4% of the U.S., some 12.2 million people are seeking sustenance that doesn't trigger an allergic reaction. From egg-replacing pea protein concentrate in baked products to chickpea and lentil flours that can stand in for wheat and soy, to the nut-free crunch of roasted peas, lentils and chickpeas, the opportunity for label-friendly foods is boundless.

Diabetes and Obesity

Because of their high quality complex carbohydrates, pulses digest slowly, meaning diabetics may find their blood glucose levels remain more stable after a meal that contains pulses. With their low-fat protein and fiber-rich carbs, pulses maintain that full feeling after eating longer – an attribute called satiety – which may make weight maintenance easier. It's these factors that make pulses perfect for the low glycemic diet that is being recognized as important in fighting both diabetes and obesity.

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Split Pea Salsa

Makes 10 servings

1 cup dry green or yellow split peas, rinsed	¼ cup fresh cilantro, chopped
2 ½ cups water	¼ cup lime juice
1 can black beans, drained and rinsed	2 medium tomatoes, diced
2 cups frozen corn	½ cup onion, diced
½ red bell pepper, chopped	1 tsp ground cumin
Optional: (cayenne pepper, hot sauce)	

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

Cheddar Pea Dip

½ cup dry split yellow peas, rinsed
1 ½ cups water
2 cups grated cheddar cheese
Salt and black pepper, to taste

½ small onion, finely minced
1 to 2 dashes Tabasco sauce
(optional)

1. Combine split peas and water in a sauce pan and bring to a boil. Reduce heat, cover, simmer until peas are very tender, 45-55 minutes. Drain and reserve the cooking liquid.
2. Place the cooked peas in a blender with the cheddar cheese, onion, Tabasco sauce, salt and pepper. Blend until smooth, adding a little of the reserved cooking liquid to thin as desired.

Salmon and Yellow Split Pea Pate'

Makes 3 cups – 12 servings

½ cup dry split yellow peas, rinsed

1 ½ cups water

1 16 oz. can pink salmon

1 8 oz. package cream cheese, softened

2 Tbsp grated onion

2 Tbsp lemon juice

1 Tbsp prepared horseradish

½ tsp salt

½ tsp liquid smoke

Parsley, for garnish

1. In a medium saucepan, combine yellow split peas and water, boil reduce heat, cover and simmer 45 to 55 minutes or until peas are very tender. Drain.
2. Drain the salmon and pick out any bones. Mix the salmon, cooked peas and remaining ingredients with a fork until smooth. Adjust the seasonings.
3. Spray a small salad mold with nonstick cooking spray and press the mixture into the mold. Refrigerate at least 4 hours before serving.
4. Invert the mold onto a plate, garnish with parsley, and serve it with crackers or fresh vegetables.

Spread it on crackers, pita bread or serve as a vegetable dip!

Spicy Lentil Dip

Makes about 6 cups – 24 servings

1 lb dry lentils, rinsed

2 qts water

1/8 cup lemon juice

1/8 cup soy sauce

1 ½ Tbsp cumin

1 package ranch dip/dressing mix

½ cup chopped jalapenos (optional)

½ cup finely chopped carrots

½ cup chopped tomatoes

Green onions, chopped (optional)

Cilantro, chopped (optional)

Salt and pepper, to taste

Cayenne pepper, to taste

1 cup shredded cheese (optional)

1. Combine lentils and water in a saucepan. Bring to a boil, reduce heat, cover, and simmer until the lentils are very soft, about 35 minutes. Drain.
2. Pour the hot lentils into a mixing bowl and add lemon juice, soy sauce, cumin and ranch mix. Mix in carrots and tomatoes, and season to taste with salt, black pepper, and cayenne. Refrigerate until thoroughly chilled.

Serve this chunky dip on a bed of greens – lettuce or spinach or with chips and vegetables.

Lentil Salsa

Makes 12 servings

1 cup cooked regular lentils
1 cup cooked red lentils
8 roma tomatoes, diced
3-4 garlic cloves, minced
1 tsp lemon juice
1 tsp lime juice
medium red onion

¼ cup fresh cilantro, chopped
3-4 jalapeno peppers, seeded and diced
1 ½ Tbsp olive oil
1 Tbsp cumin
1 Tbsp Tabasco sauce
Salt and pepper to taste

1. Combine all ingredients and chill.

Serve with pita or tortilla chips. Makes a great healthy snack!

Lentil Mini Pizzas

Makes 4 servings

1/3 cup dry lentils

1 1/3 cup water

4 (6-inch) whole-wheat pitas

1/4 cup red onion, thinly sliced rings

medium zucchini, thinly sliced

1/2 cup red bell pepper, chopped

1/4 tsp black pepper

1/8 tsp salt

1/2 cup garlic & herbs spreadable cheese

6 Tbsp shredded Asiago cheese

1. In a 1-quart saucepan, combine lentils with water and bring to a boil, reduce heat, cover and simmer gently until lentils are just tender, about 25 minutes.
2. Drain lentils and set aside. Preheat broiler and place pitas on a nonstick baking sheet, broil for 3 minutes. Heat a nonstick skillet over medium heat, coat with cooking spray. Add zucchini, onion, red bell pepper and salt. Sauté mixture for 3 minutes or until vegetables are crisp and tender. Stir in lentils.
3. Remove pitas from the oven, then spread 2 tablespoons of spreadable cheese on each pita. Top evenly with vegetable and cheese. Broil 3 minutes or until edges are brown and cheese is melted.

Pepperoni & Lentil Pizza Dip

Submitted by Loretta Wall – 2006 4th Annual 3rd Place NPGA Pulse Cook-off Winner!

1 8 oz. pkg. cream cheese	½ cup pizza sauce
½ cup sour cream	½ cup chopped pepperoni
1 cup cooked lentils	¼ cup diced green onion
1 tsp dried oregano	¼ cup diced green pepper
½ tsp minced garlic	½ cup shredded mozzarella cheese
1/8 tsp crushed red pepper	

1. Mix first 6 ingredients and spread evenly in the bottom of glass pie plate. Spread the pizza sauce over the mixture. Sprinkle with pepperoni, onion, and green pepper.
2. Bake in oven at 250 degrees for 10 minutes. Top with cheese and bake for an additional 5 minutes.

*Cook peas a day, week or month in advance.
They can be frozen until you are ready to use them.*

Lentil-Stuffed Mushrooms

Approximately 16 servings

12 to 16 medium mushrooms	½ cup cooked lentils (about ¼ cup dry)
¼ cup butter or margarine	½ cup grated parmesan cheese
¼ cup finely chopped onions	(cheddar cheese can be substituted)
1/8 tsp freshly ground black pepper	
¼ tsp salt	½ cup dry plain bread crumbs

1. Preheat oven to 350 degrees F. Remove stems from mushrooms. Chop stems and set aside. Arrange caps in an oiled baking dish.
2. In a frying pan, stir together butter, chopped stems, onion, salt and pepper. Cook until onions are clear and soft. Stir in lentils, cheese, and bread crumbs. Stuff caps with the lentil mixture. Bake caps 10 to 15 minutes, or broil them for about 5 minutes. Serve hot.

Served hot as hors d'oeuvres, these savory, stuffed mushroom caps are crispy on top and soft inside.

Hummus

Makes 2 cups, approximately 8 servings

1-15 oz. can chickpeas, drained and rinsed	½ tsp tahini
or about 2 cups boiled	¼ cup fresh lemon juice
4 Tbsp olive oil	½ tsp salt
2 tsp minced garlic (about 4 cloves)	Crushed red pepper or cayenne for garnish

1. Puree chickpeas, 3 Tbsp. olive oil, garlic, tahini, lemon juice and salt in a food processor or blender, reserving a few whole chickpeas for garnish. Add more lemon juice, if desired.
2. Spread the puree in a flat serving dish using a spoon to smooth the top. Drizzle with 1 Tbsp olive oil and sprinkle on red pepper. Arrange the reserved chickpeas in the center of the dish.

Serve this Eastern Mediterranean chickpea dip with triangles of pita bread or with celery, carrot and cucumber sticks.

Spicy Hummus

Makes about 4 cups, approximately 16 servings.

Recipe from "Hot and Spicy Hummus" published in the January 1998 issue of Vegetarian Times

- | | |
|--|-------------------------------------|
| 1 15 oz. can chickpeas, drained & rinsed (about 2 cups boiled) | |
| 6 Tbsp tahini | ¼ tsp cayenne pepper |
| 6 Tbsp fresh lemon juice | ¼ cup minced jalapeno pepper |
| 3 Tbsp plain yogurt | ¼ cup red bell pepper, seeded/diced |
| 2 Tbsp olive oil | Salt and pepper to taste |
| 1 tsp ground cumin | Cayenne pepper for garnish |
| 4 cloves crushed garlic (about 2 tsp) | |

1. In a food processor or blender puree chickpeas, tahini, lemon juice, yogurt and oil until smooth, adding water as needed, a little at a time, to make a creamy mixture. Transfer the puree to a medium bowl. Add garlic, cumin, cayenne, jalapeno and bell pepper and mix well. Season with salt and pepper.
2. Cover and chill 2 to 4 hours to allow the flavors to blend. Garnish with cayenne pepper just before serving.

This hummus variation contains sweet bell peppers and a touch of cayenne.

Middle East Roll-Up

Serves 1

Spread $\frac{1}{4}$ cup hummus to within 1 inch of the edge of a 10 inch tortilla. Scatter over the hummus (off center of the tortilla) $\frac{1}{2}$ cup finely chopped broccoli, $\frac{1}{3}$ cup shredded red cabbage, and $\frac{1}{3}$ cup sliced mushrooms. Fold the edge of the tortilla over the vegetables, then turn in the sides, envelope style and roll up.

Texas Caviar

Submitted by Loretta Wall, Bottineau - 1st place 2005 NPGA Pulse Cook-off Winner!

½ onion, chopped	1 pint quartered cherry tomatoes
1 green chopped bell pepper	1 (8oz) bottle Zesty Italian dressing
½ yellow pepper, chopped	1 (15oz) can black beans, drained
½ sweet red pepper, chopped	1 (15oz) can black-eyed peas, drained
1 bunch green onion, chopped	1 can chickpeas
2 jalapeno peppers, chopped	½ tsp ground coriander
1 Tbsp minced garlic	1 bunch chopped fresh cilantro

1. In a large bowl, mix together onion, green pepper, yellow pepper, sweet red pepper, green onions, jalapeno peppers, garlic, cherry tomatoes, Zesty Italian dressing, black beans, black-eyed peas, chickpeas and coriander.
2. Cover and chill in refrigerator approximately 2 hours. Toss with desired amount of cilantro to serve.

Can substitute 1 can of green chilies for the jalapeno peppers.

My Favorite Appetizers and Dips

Favorite Recipe: _____ **Comments/Additions:** _____

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Split Pea Summer Salad

Makes 12 servings

½ cup dry green split peas

1 ½ cups water

16 oz. ham, cubed

2/3 cup Italian dressing (light)

8 oz. bowtie pasta

1 ½ cup chopped bell pepper

Salt & Pepper to taste

Sliced black olives (optional)

1. In a medium saucepan, bring peas and water to a boil, reduce heat, cover and simmer until peas are just tender (about 20 minutes).
2. Drain and transfer to a large bowl.
3. Add dressing and set aside. Meanwhile, cook pasta until firm. Toss pasta, peas, pepper and ham. Add salt and pepper. Serve warm or chill and serve cold.

Pasta, Pea and Bell Pepper Salad

Makes 6 servings

1 cup dry green or yellow split peas, rinsed

2 ½ cups water

2/3 cup Italian salad dressing

8 oz bow – tie pasta

1 ½ cups cubed, rd, gr. & ye. Peppers

Salt & freshly gr. blk. pepper to taste

1. In a medium saucepan, bring peas and water to a boil. Reduce heat, cover and simmer 25 to 35 minutes or until peas are just tender. Drain, if necessary, and transfer peas to a large bowl. Stir salad dressing into peas and set aside.
2. Meanwhile, cook pasta according to package directions until they are just tender. Drain. Toss pasta with peas and peppers. Add salt and black pepper. Serve warm or chill and serve cold.

Turkey Rotini Split Pea Salad

Makes 2 quarts

2 cups rotini, uncooked	¼ cup sweet green bell pepper, diced
1 cup split peas, rinsed	½ cup carrot, grated
2 tsp canola oil	1 Tbsp sliced black olives
1 large garlic clove, minced	2 Tbsp green onion, sliced
7 oz fresh cooked turkey or chicken breast	2 Tbsp grated Parmesan cheese
Salt and pepper to taste	¼ cup fresh parsley, snipped

Dressing

8 oz non-fat plain yogurt	¾ tsp dry mustard
1 Tbsp sour cream	1 tsp ea crushed basil and oregano
½ tsp fresh garlic, minced	¼ tsp crushed red pepper
1 Tbsp olive oil	¼ tsp salt
1 Tbsp tarragon white wine vinegar	

(Cont. ' on next page)

Turkey Rotini Split Pea Salad (continued)

1. Cook rotini according to package directions. Drain and cool. Add split peas to 3 cups boiling water. Reduce heat and simmer 20-30 minutes. Drain and cool
2. Heat oil brown garlic and add salt. Add turkey and brown quickly on all sides. Lower heat, cover and cook a few minutes or until all traces of pink are gone. Add drained split peas and mix well, coating with oil and pan juices. Remove from heat; slice or cube turkey. Combine turkey, peas and rotini with remaining salad ingredients.
3. Combine all dressing ingredients. Toss dressing with salad. Chill several hours before serving.

Apple Berry Lentil Spinach Salad

Makes 8 servings

2 cups cooked lentils (cooked 25 minutes then divide)

1 pound fresh spinach, torn

1 cup apples, unpeeled and chopped

½ cup fresh raspberries

½ cup fresh blueberries

1/3 cup cooked crumbled bacon

1 cup fresh bean sprouts

Dressing

¾ cup vegetable oil

1/3 cup apple cider vinegar

1 small onion, grated

½ cup brown sugar

3 tsp Worcestershire sauce

2 tsp salt

1 tsp black pepper

1. In a large salad bowl combine 1 ½ cups cooked lentils, spinach, apples, berries, bacon and bean sprouts. Mix well and set aside.
2. In a medium bowl, whisk together dressing ingredients. Just before serving, pour over salad and toss.
3. Sprinkle top evenly with remaining ½ cup lentils.

Cool Caribbean Salad

Makes 2-3 servings

½ cup dry lentils, rinsed
1 ½ cups water
1 cup diced fresh pineapple

½ cup finely chopped cilantro or to taste
½ cup finely chopped red onion

Dressing

2 Tbsp balsamic vinegar
¼ cup fresh lime juice
1 tsp minced fresh ginger
2 Tbsp peanut oil

½ tsp grated lime zest
1 clove garlic, minced
¼ tsp salt or to taste

1. Combine lentils and water in a medium saucepan and bring to a boil. Reduce heat, cover and simmer until lentils are just tender, about 20 minutes. Drain.
2. In a small bowl combine dressing ingredients; in a serving bowl, combine cooked lentils with pineapple, cilantro and red onion.
3. Stir in the dressing. Chill for at least 1 hour before serving.

Greek Lentil Salad

Makes 10 servings

1 – 19 oz can lentils, rinsed and drained	1 cup cucumber, diced
½ cup calamata olives	¼ cup fresh parsley, chopped
½ cup onion, chopped	¼ cup olive oil
1 ½ cups grape tomatoes, halved	¼ cup lemon juice
½ cup green peppers, chopped	1 Tbsp dried oregano

1. In a large bowl, combine lentils, olives, onion, tomatoes, green peppers, cucumbers, feta cheese and parsley.
2. Whisk oil, lemon juice and oregano together.
3. Add parsley to salad and toss with dressing to coat.

Can be eaten right away or covered and left in fridge to marinate for 2 hours before serving. Salad can be made a day in advance.

This salad is a source of iron and foliates. It's quick to prepare and has classic Mediterranean flavors.

Lentils, Orecchiette, and Feta Cheese

Makes 4 servings

2 cups low-sodium chicken broth	2 Tbsp olive oil
1 cup dry lentils, rinsed	1 tsp honey
1 Tbsp chopped fresh or dried thyme	1 clove garlic, minced
2 quarts water	Salt and fresh ground pepper to taste
8 oz uncooked orecchiette pasta	½ cup crumbled feta cheese
1/3 cup white wine vinegar	thyme or parsley sprigs, for garnish
3 Tbsp. chopped fresh parsley	

1. Bring broth to a boil in a medium saucepan. Add lentils and chopped thyme. Reduce heat, cover and simmer until lentils are tender to the bite, about 20 to 30 minutes. Drain.
2. Meanwhile, bring water to a boil. Stir in pasta and cook just until tender to the bite, 8 to 10 minutes. Drain.
3. Transfer pasta and lentils to a large serving bowl and keep warm. In a small bowl, mix together vinegar, parsley, oil, honey, and garlic until well blended. Add this mixture to pasta and lentils and mix thoroughly but gently. Season with salt and pepper to taste. Sprinkle with cheese and garnish with thyme sprigs. Serve warm.

Lentils, Chilies & Jicama Salad

Makes 3 quarts or 24 (½ cup servings)

4 cups lentils	2 cups Jicama, julienne-sliced
2 quarts chicken broth or water	1 cup red bell pepper, diced
½ cup butter or oil	½ cup chopped cilantro
2 cups diced onion	2 tsp dried basil
1 cup Serrano chilies, minced	1 tsp ground ginger
2 cups corn kernels	salt and pepper to taste

1. Cook lentils in broth or water just until tender, about 15 minutes. Drain. In a steam-jacketed kettle or stock pot, heat butter or oil over medium heat.
2. Stir in onion and chilies. Sauté until onion is soft about 5 minutes. Stir in corn, jicama, bell pepper, cilantro, basil, ginger, salt and pepper.
3. Continue cooking additional 3 to 5 minutes. Serve hot as an accompaniment to seafood, lamb or chicken or cold as a side salad to cheeses and grilled meats.

Chickpea – Smoked Salmon Salad

Submitted by Yabo & Donene Gjellstad, Voltaire, ND – 2004 2nd Annual 2nd Place NPGA Pulse Cook-off Winner

4 tomatoes diced

1 red pepper diced

1 green pepper diced

1 yellow pepper diced

¼ cup chopped fresh chives

2 cups fresh broccoli

1 – 15 oz can black olives, diced

2 – 15 oz cans chickpeas, drained

2 oz smoked salmon

2 ½ cups Italian dressing

1 – 12 oz box bowtie pasta

1. Cook pasta according to package directions until they are just tender, drain and rinse. Add rest of ingredients.
2. Enjoy!

Chickpea Canola Salad

Submitted by Kent & Lori McKay – 2003 1st Annual 1st Place NPGA Pulse Cook-off Winner

1 cup Swiss cheese, grated fine
1 cup Cashews
¼ cup Craisins
¼ cup shredded carrots

1 cup Chickpeas
1 Apple – bite size pieces
1 Pear – bite size pieces
1 large Romaine Lettuce

Dressing

½ cup sugar
1/3 cup lemon juice
1 tsp Dijon mustard

½ tsp salt
2/3 cup canola oil
1 Tbsp Poppy seed

1. Toss first 8 ingredients together.
2. Mix dressing ingredients together, pour over salad, gently stir to coat.

Chickpea Chicken Salad

Submitted by Donene Gjellstad, Voltaire - 2005 3rd Annual 3rd place NPGA Pulse Cook-off Winner

2 cups mixed lettuce

1 cup fresh spinach

1 cup chickpeas

½ cup cooked lentils

1 cup diced cooked chicken

1 cup diced celery

1 cup chopped carrots

½ cup chopped pecans

1 cup cauliflower

1 sliced zucchini

1 cup mayonnaise

¼ cup chunky salsa

4 green onions, chopped

1 Tbsp lemon juice

1. In a large bowl, mix the first nine ingredients.
2. In a small bowl, combine the mayonnaise, salsa, onions and lemon juice.
3. Pour over salad and stir gently to coat.

Chickpea-Pasta Salad

Makes 13 servings

4 cups cooked corkscrew pasta, drained & cooled	4 green onions, chopped
1-15 oz can chickpeas, rinsed and drained	1 ½ cups sweet red pepper, chopped
1 ½ cups celery, chopped	¼ cup feta cheese, crumbled
1 ½ cups carrot, shredded	1/3 cup light Greek salad dressing

1. In a large bowl, combine pasta, chickpeas, celery, carrot, red pepper, onion and feta cheese; toss lightly to mix well.
2. Add dressing to pasta mixture and toss to coat well.
3. Serve.

Pasta mixture can be made a day in advance. Keep in fridge overnight and toss salad with dressing before serving.

Mediterranean Chickpea Salad

Makes 8 servings

1 can (15 oz) chickpeas, rinsed & drained
3 plump tomatoes, chopped
2 roasted red peppers, chopped
½ sm. red onion, quartered & sliced thin
2 Tbsp chopped parsley

2 cloves garlic
3 Tbsp lemon juice
1 ½ tsp extra-virgin olive oil
1 ½ tsp flaxseed oil
salt to taste

1. In a large bowl, combine all ingredients in order. Toss to coat well.
2. Let stand for 15 minutes to allow the flavors to blend.

Healthy Twist: Top the salad with 6 Tbsp of feta cheese for a tangy, creamy taste, plus a calcium boosting benefit.

Curried Chickpea Salad with Walnuts & Currants

Recipe developed by Jamie Lauren previous contender on "Top Chef"

2 cups dried chickpeas, soaked in 8 cups water overnight	2 cups wild arugula
4 bay leaves	1 Tbsp olive oil
3 cloves of garlic	1 cup light mayonnaise
1 carrot, peeled & cut into large pieces	¼ cup chopped fresh cilantro
2 cinnamon sticks	2 Tbsp curry powder
½ cup toasted, lightly chopped walnuts	¼ tsp cayenne pepper
½ cup currants	juice of 1 lime
1 sm. red onion quartered & sliced thin	salt & pepper to taste

1. Drain chickpeas of their soaking liquid. Place in a large stockpot and cover with fresh water, stir in bay leaves, garlic, carrot and cinnamon.
2. Cook for about 1 ½ hours or until chickpeas are tender, seasoning with salt at the end of cooking. Let cool, drain and measure 4 cups of chickpeas.
3. In a small sauté pan, toast curry powder in olive oil until it becomes fragrant. Whisk curry olive oil into mayonnaise with cilantro, cayenne pepper and lime juice, season with salt and pepper then stir in chickpeas.
4. Add walnuts and currants. Divide arugula between plates and top with equal amounts of chickpeas. Sprinkle each with a little chopped cilantro.

My Favorite Salads

Favorite Recipe: _____ **Comments/Additions:** _____

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Split Pea Gratin

Makes 4 servings

1 cup dry green or yellow split peas
6 cups water
1 1/8 tsp salt
2 cups bow-tie or ripple noodles
3 large cloves garlic, minced

1 Tbsp vegetable oil
2 Tbsp fresh lemon juice
1/4 tsp ground pepper
1/2 cup grated Parmesan cheese
1/3 cup fresh parsley, minced

1. Combine split peas, 4 cups water, and 1 tsp salt in a medium saucepan, bring to a boil; reduce heat, cover and simmer 25 minutes.
2. Preheat oven to 450 degrees.
3. Add 2 more cups more water to peas and cooking water, bring to a rolling boil. Add noodles, reduce heat to a slow boil and cook 15 minutes longer, stirring frequently, until noodles are tender. Drain off all but a few tablespoons of cooking liquid.
4. Stir in garlic, oil, lemon juice, 1/8 tsp salt, and pepper, and turn mixture into a shallow 8-inch square greased baking dish.
5. In a small bowl combine Parmesan cheese and parsley and sprinkle over noodle mixture. Bake for 8-10 minutes or until cheese melts.

Pea n' Lentil Fries

Serves 57

This recipe was formulated for the Northern Pulse Growers Association

10 cups cooked lentils	1 & 5/6 cups All-purpose flour
10 cups Cooked yellow peas	3 Tbsp & 1 tsp sugar
3 Tbsp & 1 tsp dried onion	½ cup & 1 Tbsp corn starch
3 Tbsp & 1 tsp seasoning salt	1 & 5/6 cups water
2 & ½ tsp dried parsley	

1. Thoroughly combine all ingredients in food processor, except for water. Slowly add the water until the dough comes together.
2. Flatten the dough to ¼ inch thickness. Cut the dough to ¼ inch wide and 2 inches long. The dough now can be (blast) frozen for storage, or deep fried at 180 degrees C or 356 degrees F.
3. Serve warm with ketchup.

These fries are an excellent substitute for potato fries. Easy to freeze and easy to have on hand.

Tasty Lentil and Potato Patties

Makes 6 servings

2 cups cooked lentils, drained

3 Tbsp chopped onion

2 roasted red peppers, chopped

Salt and pepper to taste

2 cups mashed potatoes (seasoned)

2 Tbsp Margarine or butter

½ tsp sage or sweet marjoram

1. Put onion, savory and vegetable butter into a small pan, let simmer over heat until onion is sautéed.
2. Add the cooked and drained lentils, mix together, then add mashed potatoes.
3. Form into small round patty cakes, and brown lightly in a quick oven or buttered skillet.

Spicy Chuck Wagon Beans

Submitted by Francis Leier – 2006 4th Annual 2nd Place NPGA Pulse Cook-off Winner

1 can kidney beans, drained	½ cup molasses
1 can butter beans, drained	1 cup water chestnuts, drained
2 cans pork & beans	1 can mushrooms
1 cup chickpeas, soaked	¼ cup soy sauce
¾ cup lentils	2 tsp mustard
1 cup brown sugar	¼ tsp pepper
½ cup ketchup	2 rings sausage, sliced (favorite kind)
½ cup each, celery and onion, chopped and sautéed	1 Tbsp crushed red pepper

1. Mix all together and bake uncovered for 2 ½ hours at 325 degrees.
2. Enjoy!

Chickpea Patties

Makes 10 servings

3 Tbsp olive oil

½ medium onion, minced

1 carrot, minced

1 stalk celery, minced

½ green bell pepper, minced

4 cloves garlic, minced

1 tsp salt

2 – 15 oz cans chickpeas, drained

2 Tbsp cornmeal or bread crumbs

2 Tbsp fresh lemon juice

1 lemon, cut into wedges

1 Tbsp dried dill

1. In a large skillet, heat 1 Tbsp oil. Add onion, carrot, bell pepper, celery, and garlic and cook, stirring often, until onions are translucent, about 5-7 minutes. Push vegetables to side of skillet.
2. Add 1 tsp oil to skillet, heat then add dill and salt. Cook, stirring dill constantly, for about 30 seconds. Mix dill with the vegetables and remove skillet from heat.
3. In a large bowl, combine vegetable-herb mixture and chickpeas. Mix in cornmeal and lemon juice. Work mixture with your hands until ingredients are well mixed and chickpeas no longer keep their form. Shape into 10 patties.
4. Heat remaining oil in a large, nonstick frying pan and fry patties until crispy and brown, about 5 minutes on each side. Serve with lemon wedges.

My Favorite Side Dishes

Favorite Recipe: _____ **Comments/Additions:** _____

Favorite Recipe: _____ **Comments/Additions:** _____

Favorite Recipe: _____ **Comments/Additions:** _____

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Pease Porridge

Makes 4 servings

2 cups green split peas, rinsed

2 1/2 cups water (chicken broth can be substituted)

Small diced onion (optional)

2 Tbsp butter

Salt and pepper to taste

Simple additions: add carrots, sage, cream
or fried bacon chunks

1. Place the split peas and the water/chicken broth in a pan and cover.
2. Add salt, and bring to a boil, stirring. Simmer, covered, until the whole thing turns to mush, about 1 hour, add water if needed.
3. Stir often, when a mushy consistency has been reached, add butter, salt and pepper.

Serve with buttery garlic croutons!

Pease porridge hot, Pease porridge cold.

Pease porridge in the pot nine days old.

Some like it hot, some like it cold.

Some like it in the pot nine days old.

Country-Style Split Pea Soup

1 cup chopped onion
(½ cup sautéed, ½ cup raw into soup)
1 leek, thinly sliced
2 cloves garlic, minced
1 Tbsp. canola oil
1 ¼ cup green or yellow split peas, rinsed
1 bay leaf
salt and pepper, to taste

1 cup diced celery
(½ cup sautéed, ½ cup raw into soup)
2 medium carrots, peeled and sliced
2 medium potatoes, peeled and diced
1 cup diced cooked ham
(add ham bone if you have one.)
½ cup heavy whipping cream
6 cups chicken broth or water

1. In a large, heavy saucepan, sauté onion, leek, celery and garlic until they are tender, about 5 minutes. Add peas, broth or water, bay leaf, salt and pepper. Bring to a boil.
2. Reduce heat, cover, and simmer - stirring occasionally, for about 40 minutes, or until peas are tender. Add rest of the onion, celery, carrots, potatoes, and ham to the soup. Cover and simmer about 15 to 20 minutes, or until vegetables are tender but retain their shape. Add water, if necessary, to thin soup. Reduce heat.
3. Add ½ cup heavy whipping cream, cook for 5 minutes, (Do not boil.)

Easy Split Pea Soup

3 slices bacon, sliced

1 tsp salt

2 c. sliced leeks

1 ¼ cup green or yellow split peas

1 quart water

1 Tbsp lemon juice

Freshly ground black pepper, to taste

Leeks tops, for garnish (optional)

1. In a large saucepan over medium heat, cook bacon until crisp. Add leeks and cook, stirring occasionally, until they are transparent and limp, about 7 to minutes.
2. Add split peas, water and salt, bring to a boil. Reduce heat, cover, and simmer until peas are soft, about 35-45 minutes. Stir in wine.
3. Season to taste with salt, pepper and lemon juice. Garnish with leek tops, if desired.

“Creamy horseradish, a good accompaniment for this soup.”

*Creamy Horseradish Sauce: ½ cup dairy sour cream
1 tsp prepared horseradish
½ tsp sugar*

Italian Split Pea Soup

Makes 8 servings

½ cup dry navy beans, rinsed

3 ½ cups water

1 ½ cups dry green or yellow split peas

8 ½ cups water

3 cups tomato juice

½ cup onion & ½ cup celery

1 cup cubed zucchini

2 cups coarsely chopped cabbage

1 cup diced turnips

1 cup diced carrots

3 garlic cloves, minced

2 tsp salt

½ tsp freshly ground black pepper

2 tsp Italian seasoning

4 oz small pasta

½ cup grated Parmesan cheese

1. Soak navy beans only, in 3 1/2 cups of water overnight.
2. Drain off soaking water; add 8 1/4 cups fresh water. Add peas, bring to a boil. Reduce heat, cover, and simmer for 45 minutes, or until peas and beans are tender.
3. Add remaining ingredients except pasta and cheese. Cook until vegetables are tender. Add pasta, cook for 8-10 minutes, adjust seasonings, and sprinkle with cheese before serving.

Serve in a large bowl with a slice of ham in each serving. Add a crusty bread and salad for a satisfying one dish meal.

Mexican Split Pea Soup

Makes 6 servings

2 Tbsp vegetable oil	1 4-ounce can chopped green chilies
1 large onion chopped	1-14 ½ ounce diced tomatoes
4 cloves garlic, minced	1–10 ounce box frozen corn kernels
2 tsp ground cumin	1 large green pepper, seeded and chopped
2 tsp dried oregano	Salt and pepper to taste
1 cup dry green or yellow split peas	1 cup Cheddar or Monterey Jack cheese
1 quart water	Crushed red pepper (optional)

1. In a large saucepan over medium –high heat, cook onion in oil until it is tender, stirring frequently, about 5 minutes. Add garlic and cook 2 minutes longer. Add cumin and cook, stirring, for 1 minute.
2. Add oregano and split peas, stir to coat peas with oil, then add water and chilies. Heat to boiling, then reduce heat, cover, and simmer 35 to 45 minutes, or until peas are tender.
3. Add remaining ingredients except pasta and cheese. Cook until vegetables are tender. Add tomatoes, corn and bell pepper, simmer for 20 minutes.
4. Sprinkle each serving with shredded cheese and crushed red pepper.

Serve with garlic toast or corn bread to finish off your meal!

Popeye's Split Pea Soup

Makes 8 to 10 servings

1 large leek, chopped fine	1 tsp dried thyme
1 ½ Tbsp vegetable oil	1 tsp dried marjoram
2 ½ cup green split peas, rinsed	1/8 tsp ground nutmeg
2 quarts water	1 Tbsp salt
1 bunch chopped spinach or 10 oz. frozen pack	1 Tbsp lemon juice

1. In a heavy saucepan over medium heat, cook leek in 1 Tbsp oil until it is limp, about 2 minutes. Add split peas, water and salt, bring to a boil. Reduce heat, cover, and simmer until peas are very soft, about 45-60 minutes.
2. Purée pea mixture in a blender or food processor and return to saucepan. Heat remaining ½ Tbsp oil in a medium skillet over medium heat. Add thyme, marjoram, and nutmeg and cook for 30 seconds, stirring constantly. Add spinach mixture to split peas and continue to simmer for about 10 minutes.
3. Season to taste with salt, pepper and lemon juice.

Creamy horseradish, a good accompaniment for this soup.

Split Pea Soup Milano

Makes 4 to 6 servings

1 cup dry green or yellow split peas
5 cups water
5 beef bouillon cubes
½ lb Italian sausage
1 cup celery, chopped

½ cup onion, diced
1 garlic clove, minced
½ cup minced red bell pepper
½ cup dry red wine or hot water
Grated Parmesan cheese

1. In a large saucepan or pot, combine peas, water, bouillon, and pepper. Heat to boiling. Reduce heat, cover, and simmer until peas are tender, about 40 minutes, stirring occasionally.
2. In a large skillet over medium heat, cook sausage until there is no trace of pink, breaking it up as it cooks. Add celery, onion, garlic, and red pepper and cook until onion is tender and translucent, about 5 minutes.
3. Add sausage-vegetable mixture to peas along with the wine and simmer 10 to 15 minutes to allow flavors to blend.
4. Serve sprinkled with grated Parmesan cheese.

Split Pea & Squash Soup

Makes 4 to 6 servings

2 large leeks, sliced thin

2 Tbsp vegetable oil

1 tsp ground coriander

¼ tsp ground white pepper

¼ tsp ground allspice

2 cups peeled/cubed acorn or

banana squash

1 cup dry yellow split peas, rinsed

1 quart water

1 ½ tsp salt, or to taste

1. In a large sauce pan or pot, over medium heat, cook leeks in oil until they are limp, stirring constantly, about 3 minutes. Add coriander, pepper and allspice and cook for half a minute more.
2. Add squash and split peas, stir, add water. Heat to boiling; reduce heat, cover, and simmer until peas are tender, about 40 minutes.
3. Puree about half the soup in a blender, return puree to pot and heat soup through. Add salt, adjust the seasonings and thin with water, if desired.

Pea & Pesto Soup

Makes 4 Servings

1 cup dried green or yellow split peas

1 – 14 ½ oz can chicken broth

2 ½ cups water

3 Tbsp basil pesto

1 cup thinly sliced zucchini

1 cup chopped scallions

Grated Parmesan cheese (garnish)

Croutons (garnish)

1. Combine peas, broth, and water in a large saucepan; bring to a boil. Reduce heat, cover, and simmer about 35 to 45 minutes, or until peas are soft.
2. Stir in pesto, zucchini, and scallions and simmer 5 to 10 minutes longer.
3. Season to taste with salt, pepper and lemon juice.
4. Serve with croutons and grated Parmesan cheese to sprinkle over soup.

“Generously sprinkled fresh Parmesan cheese and crisp, garlicky croutons complete this unusual split pea soup.”

Green Lentil Chili

Submitted by Mildred Bartsch, Voltaire, ND – 2007 5th Annual 1st Place NPGA Pulse Cook-off Winner

1-2 Tbsp E.V. Olive Oil	1 – 15 oz can chickpeas with liquid
1 clove garlic, chopped	1 – 2 cups cooked chicken, seasoned with salt, pepper and onion
3-4 green onions, chopped	1-2 cups Tomatillo Salsa (Green/Mild)
¼ bunch fresh cilantro, chopped (or 1 tsp dried cilantro)	1 – 15 oz jar Nopalitos, drained and rinsed (optional)
1 – 2 cups vegetable or chicken broth	

1. Sauté the first four ingredients over medium heat until heated through and scallions are softened, 3 to 4 minutes.
2. Add the next five ingredients; simmer 20-30 minutes until flavors are well blended. The entire mixture can be simmered in a slow cooker for 3-4 hours. Extra spices may be added to suit taste. Add broth or liquid as necessary for consistency desired.
3. Serve with grated cheese and/or sour cream. Can be served with tortilla chips, like a dip.

Ham and Lentil Soup

Recipe submitted by Gary Wall -2003 1st Annual 2nd Place NPGA Pulse Cook-Off Winner

Ham with bone in

2 cups lentils

½ cup chopped onions

½ cup chopped celery

1 cup thin-diced carrots

Season to taste, salt, pepper, and garlic powder

½ tsp ground cumin (optional)

2 Tbsp hot sauce (optional)

1. In a large saucepan add 8 cups of water and cook ham with bone until ham falls of the bone.
2. Cook 2 cups of lentils in ham juice and deboned ham, add at the same time onions, celery, carrots.
3. Cook until lentils and vegetables are tender, add salt and pepper to taste.

Optional: add tsp ground cumin, a little hot sauce or 2 Tbsp vinegar

Hamburger Vegetable Lentil Soup

Serves 8-10

1 lb. hamburger

5 ³/₄ cups tomato juice

4 cups water

1 cup dry lentils, rinsed

1 cup diced carrots

1 cup diced cabbage

1 cup chopped celery

¹/₂ cup chopped onions

Salt and Pepper to taste

1 bay leaf

1. Cook hamburger in a skillet until browned and crumbly. Drain.
2. Bring tomato juice and water to a boil. Add the hamburger and the remaining ingredients. Return to a boil, reduce heat to simmer, and simmer 1 ¹/₂ hours.

This ample recipe freezes well while retaining its flavor.

Italian Lentil Soup

*Recipe submitted by Charles & Mildred Bartsch -2004 2nd Annual 1st Place NPGA Cook-Off Winner
Makes 6-8 Servings*

7 cups water	½ tsp salt and pepper
½ cup chopped carrots	1 cup dry lentils, rinsed
½ cup chopped celery	¼ cup dry brown rice
½ medium onion, chopped	1 – 15 oz can tomato sauce
½ tsp dried oregano	10-15 oz bulk, Italian sausage
¼ tsp garlic powder	1 ¼ cup frozen cheese tortellini
¼ tsp dried basil	8 oz shredded Monterey Jack or Mozzarella, (optional)

1. In a large saucepan combine water, carrots, celery, onion, oregano, garlic powder, basil, salt, pepper, lentils and rice. Bring to a boil. Reduce heat cover and simmer for 20 minutes, until rice and lentils are tender.
2. In a large skillet, brown sausage in a skillet, drain well. Add drained sausage and tomato sauce to boiled lentil, rice, water and seasoned mixture. Return to a boil and add tortellini.
3. Cook 4 to 5 minutes, stirring several times, until tortellini is tender. Garnish individual bowls of soup with cheese as desired.

Lentil Potato Spinach Soup

Makes 8 servings

1 cup dry green lentils	½ cup fresh parsley, chopped
2 Tbsp canola oil	4 cups fresh spinach, chopped
2 garlic cloves, minced	2 medium potatoes, cubed
2 medium onions, chopped	¼ cup lemon juice
6 cups vegetable/chicken broth	Salt and pepper to taste

1. Cover lentils with 2 ½ cups water in a medium saucepan. Bring to boil and reduce to simmer, covered for 30 minutes. Set aside and drain liquids.
2. Sauté garlic and onions with oil in a large saucepan until browned. Add vegetable or chicken broth, lentils and remaining ingredients except lemon juice.
3. Cook mixture for about 1 hour until lentils and potatoes are tender. Add lemon juice and serve.

Meatless Lentil Chili

Serves 6-8

2 ½ cups dry lentils, rinsed
3 cups water
1 packet dry onion soup mix

1 16 oz can tomatoes, diced
1 ½ tsp chili powder
½ tsp cumin
Cheddar or Monterey Jack cheese,
shredded for garnish

1. In a large saucepan, bring lentils and water to a boil. Reduce heat, cover, and simmer 20 minutes. Add dry onion soup mix, tomatoes, chili powder, and cumin.
2. Cover and simmer another 30 minutes. Serve over hot dogs, spaghetti, rice, baked potatoes, or corn chips. Garnish with cheese.

Chicken and Chickpea Stew

Serves 12

1 Tbsp canola oil	1 – 15 oz can chickpeas, rinsed
2 celery stalks, chopped	1 – 15 oz can white kidney beans, rinsed
2 carrots, diced	1 ½ cups dry, short tubed pasta
1 onion, diced	8 skinless, boneless chicken thighs, cubed
4 cups chicken broth	½ cup grated fresh parmesan cheese
3 cups spaghetti sauce	Salt and pepper to taste

1. In a large sauce pan heat oil over medium heat, add celery, carrot and onion and sauté until tender. Add garlic and cook about 1 minute, stirring constantly.
2. Add broth, spaghetti sauce, chickpeas, kidney beans, pasta, pepper and bring to a boil.
3. Reduce heat to a medium-low and simmer until pasta is tender, about 10-12 minutes. Add chicken to pan and cook 5-8 minutes until chicken is done.
4. Sprinkle with parmesan cheese and serve.

Chuck Roast Chili

Recipe submitted by Francis Leier, Fargo -2005 3rd Annual 2nd Place NPGA Pulse Cook-Off Winner

2 lbs cubed chuck roast	1 ½ Tbsp chili powder
1 cup onion, chopped	2 ½ cups water
2 large garlic cloves	2 tsp beef bouillon
1 ½ Tbsp canola oil	1 quart tomatoes
1 cup dry lentils, rinsed	1 – 8 oz. can tomato sauce
1 cup diced potatoes	1 –15 oz can chickpeas drained and rinsed or 2 cups boiled
½ cup shredded carrots	¼ tsp crushed red pepper or to taste

1. In a heavy saucepan, brown chuck roast cubes and put aside. Then sauté the onions and garlic in the oil for 3 - 4 minutes. Add lentils and stir to coat them with oil.
2. Add the chuck roast cubes, potatoes, carrots, chili powder, water and bouillon. Bring to a boil. Reduce heat cover and simmer about 25 minutes or until lentils are tender.
3. Add tomatoes, breaking them into small pieces and tomatoes sauce, chickpeas and red pepper. Simmer for another 15 minutes. Season to taste with red pepper, salt and black pepper.

Rock 'n Moroccan Soup

Submitted by Raquel Dugan-Dibble, McHenry County Extension Agent

Makes 6 servings

1 lb cubed lamb meat	1 red onion, chopped
1 tsp ground turmeric	½ cup fresh cilantro, chopped
1 ½ tsps Black pepper	1 can diced tomatoes
1 tsp ground cinnamon	7 cups water
¼ tsp ground ginger	¾ cup green lentils
¼ tsp ground cayenne	1 – 15 oz can garbanzo beans
2 Tbps margarine	4 ounces vermicelli pasta
¾ cup celery, chopped	2 eggs, beaten
1 onion, chopped	1 lemon, juiced

1. Place the lamb, turmeric, black pepper, cinnamon, ginger, cayenne, butter, celery, onion, and cilantro into a large soup pot over a low heat. Stir frequently for 5 minutes. Pour tomatoes (reserve juice) into the mixture and let simmer for 15 minutes. Pour tomato juice, 7 cups water, and the lentils into the pot. Bring the mixture to a boil, then reduce the heat to simmer.
2. Let soup simmer, covered, for 2 hours.
3. About 10 minutes before serving, turn the heat to medium-high, place chickpeas and noodles into the soup, let cook about 10 minutes. Stir in lemon and eggs, let eggs cook 1 minute. Serve!

Northwest Chili (Chetter's Chili)

Submitted by Chet Hill, 2006 4th Annual 1st Place NPGA Cook-off Winner

1 cup onion, chopped	2 ½ cups water
2 large garlic cloves, minced	2 tsp beef bouillon granules
1 ½ Tbsp Canola oil	2 cups beef brats, or as desired
1 cup lentils, rinsed	1 – 14.5 oz can tomatoes
1 cup potato, diced	1 – 8 oz can tomato sauce
½ cup carrots, shredded	1 -15 oz can chickpeas or 2 cups boiled
1 green bell pepper, seeded & chopped	¼ tsp crushed red pepper
	Salt and pepper to taste

1. In a large, heavy saucepan, cook onion and garlic in oil for 3-4 minutes. Add lentils and stir to coat them with oil.
2. Add potatoes, carrots, bell pepper, chili powder, water and bouillon. Bring to boil. Reduce heat, cover and simmer about 25 minutes or until lentils are tender.
3. Add tomatoes, breaking them up as you do, and tomato sauce, chickpeas, and red pepper. Simmer for another 15 minutes. Season to taste with red pepper, salt and black pepper to taste.

Turkey Chickpea Soup

Submitted by Mary Gjorven

1 – 2 turkey legs	6 oz dried weight andante colorful macaroni
4-5 quarts of water	1/3 cup soy sauce or liquid aminos
1 onion, chopped	2 tsp salt
1 bell pepper, chopped	1 ½ cups diced carrots
1 ½ precooked chickpeas	1 tsp garlic, minced
4-5 ribs of celery	1 tsp pepper

1. Cook turkey leg(s) till tender, strain, (reserving water) debone and chop meat. Set aside meat.
2. Add enough water to the reserved broth to make 4-5 quarts. Add onion, pepper, celery carrots chickpeas, salt, pepper and garlic and cook until vegetables are tender.
3. Add andante macaroni, chopped turkey and soy sauce. Heat thoroughly and serve.

My Favorite Soups/Stews/Chili's

Favorite Recipe: _____ **Comments/Additions:** _____

Favorite Recipe: _____ **Comments/Additions:** _____

Favorite Recipe: _____ **Comments/Additions:** _____

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Braised Lamb Shanks with Yellow Split Pea Puree

Makes 4 servings

*Recipe from **The Pea & Lentil Cookbook – From Everyday to Gourmet***

Lamb Shanks

2 Tbsp olive oil

4 lamb shanks, about 1 lb. each

1 onion, chopped

6 cloves garlic, crushed

1 bay leaf

4 cups chicken broth

Salt & fresh ground pep. to taste

1 cup shredded spinach

2 Tbsp diced cooked bacon

Yellow split pea puree

1. Preheat oven to 325 degrees.
2. In a flameproof casserole, brown shanks, onion, and garlic in olive oil. Add bay leaf and broth and bring to a boil. Cover casserole with heavy foil, place it in oven and cook for 2 hours, or until meat is completely tender.
3. Remove shanks to a warmed serving platter. Strain cooking liquid, season with salt and pepper, and bring to a boil. Add spinach and bacon, and cook just until spinach wilts. Pour mixture over shanks.
4. Serve shanks accompanied by yellow split pea puree.

Continue on next page

Braised Lamb Shanks with Yellow Split Pea Puree (continued)

Yellow Split Pea Puree

1 slice bacon

½ medium onion, chopped

1 cup dry yellow split peas, rinsed

2 cups chicken broth

Salt & ground white pepper to taste

1. In a medium saucepan, cook bacon until it is very crisp. Remove bacon from pan and chop, reserving fat in pan. Set aside the bacon pieces.
2. Cook onions in bacon drippings until they are sweet and aromatic. Add split peas and stir until they are well coated with the drippings.
3. Add chicken broth and simmer, covered, 20 to 25 minutes, or until peas are tender, adding additional liquid if necessary.
4. Transfer pea mixture to a blender and puree. Return puree to the pan, season with salt and pepper, and stir in chopped bacon.

Chicken Marrakech with Lentils

Makes 6-8 servings

2 Tbsp canola oil	1 ½ tsp minced fresh ginger
8 chicken thighs (2 ½ lbs. skinned)	¼ tsp ground allspice
¾ cup all-purpose flour	¼ tsp ground cinnamon
1 cup dry lentils, rinsed	¼ tsp ground cumin
6 large scallions, chopped	1/8 tsp ground nutmeg
6 Tbsp minced cilantro	¼ tsp cayenne pepper
12 whole, dried apricots (3 oz., quartered)	1 ¾ c. low-sodium chicken broth
2/3 cup golden raisins	¼ cup water
¼ cup minced parsley	Salt & pepper to taste

1. Preheat oven to 350 degrees. In a large, deep, ovenproof skillet with a lid, heat oil over medium heat. Coat chicken with flour and shake off excess. Add chicken to the skillet in batches and cook until browned, about 5 minutes per batch. Set chicken aside.
2. Drain fat from skillet. Add lentils, scallions, 4 Tbsp cilantro, apricots, raisins, parsley, ginger, allspice, cinnamon, cumin, nutmeg, and cayenne to the skillet. Cook on minute, stirring.
3. Place chicken and its juices atop lentil mixture. Add broth and water and bring to a boil. Cover skillet and place it in the oven. Bake 30 minutes, then uncover and bake 20 minutes longer, or until chicken and lentils are tender.
4. Before serving, season to taste with salt and pepper and sprinkle with remaining cilantro.

Salmon Fillets with Lentils and Horseradish Cream

Makes 6 servings

*Recipe from **The Pea & Lentil Cookbook – From Everyday to Gourmet***

2 Tbsp olive oil
2 medium carrots, minced
1 medium onion, minced
2 celery stalks, minced
2 cups dry lentils, rinsed
4 cups chicken broth
2 cups water
2 cups dry white wine
2 lbs. salmon fillets,
(cut in 6 rectangular pieces)

½ lb. slab bacon-rind removed
olive oil, as needed

Horseradish cream:

2 cups plain yogurt
½ cup horseradish, drained
2 Tbsp minced fresh parsley or
Chives, for garnish
Salt and pepper to taste

1. Heat 2 Tbsp olive oil in a medium saucepan over medium-low heat; add carrots, onion, and celery. Cook about 4 minutes, stirring occasionally. Add lentils, chicken broth, water, and wine; bring to a boil. Reduce heat, cover and simmer about 40 minutes, or until tender. Season to taste with salt and pepper. Cover and keep warm.

Continue on next page.

Salmon Fillets with Lentils and Horseradish Cream (continued)

2. Meanwhile, cut bacon into 1/3 inch cubes. Cook in a skillet over medium heat until crisp. Drain the fat. Set aside and keep warm.
3. Prepare the horseradish cream: Combine yogurt and horseradish in a small saucepan. Warm just before serving. 2 cups plain nonfat yogurt, ½ cup horseradish, drained. Heat a ribbed cast-iron griddle or broiler for 10 minutes. Coat salmon with olive oil, and brush olive oil on the griddle or broiler rack.
4. Grill salmon fillets until they flake easily, 3 minutes on each side, or up to 4 minutes per side if fillets are 1-inch thick or more.
5. To serve, divide lentils among six warmed dinner plates and spread them out within the rim. Place salmon fillet in the middle of the lentils. Generously spoon the sauce over the salmon and lentils, and then sprinkle the salmon with bacon and minced parsley or chives.

Pasta Sauce with Lentils

Makes 6 servings

Recipe from The Pea & Lentil Cookbook – From Everyday to Gourmet

1 Tbsp olive oil	6 med. mushrooms, sliced
1 medium carrot, chopped	½ tsp dried basil
1 medium onion, chopped	1 tsp dried oregano
1 clove garlic, minced	¾ cup lentils, rinsed
1 large stalk celery, chopped	Salt & fresh ground pepper to taste
2- 14 ½ oz cans Italian-style stewed tomatoes	1 lb spaghetti or other pasta
1 -15 oz can tomato sauce	

1. In a large saucepan, cook carrot, onion, garlic, and celery in oil over medium heat until softened, about 5 minutes.
2. Add tomatoes, tomato sauce, mushrooms, basil, oregano, and lentils; stir well.
3. Simmer over low heat for 1 hour, adding water as necessary to keep the mixture from becoming too thick. It should have the consistency of a meat sauce. Season with salt and pepper to taste.
4. Cook spaghetti according to package instructions. Serve sauce over prepared pasta.

***Note:** Lentils will require longer cooking time than the normal 25 to 40 minutes due to acidity of ingredients like tomatoes and tomato sauce.*

Lentil Pasticcio

Makes 6 servings

Recipe from The Pea & Lentil Cookbook – From Everyday to Gourmet

7 oz uncooked ziti or elbow macaroni (about 2 cups)	1 ½ c. fresh grated Parmesan cheese
½ pound lean ground beef	1 ¼ cups fat free milk
1 small onion, chopped	2 Tbsp canola or olive oil
1 cup cooked lentils (about ½ cup dry)	2 eggs, beaten
1-15 oz can tomato sauce	½ tsp salt
½ tsp salt	1/8 tsp. ground nutmeg
1/8 tsp ground cinnamon	

1. Preheat oven to 325 degrees F. Cook pasta as directed on package; drain.
2. Cook beef and onion in a 10-inch skillet until beef is light brown; drain. Stir in lentils, tomato sauce and salt.
3. Spread half the pasta in a greased 8-inch-square baking dish and cover with beef mixture.
4. Mix cinnamon with ½ cup cheese, and sprinkle over beef mixture. Spread remaining pasta on top.
5. In a small bowl, combine milk and oil then stir in beaten eggs and salt. Pour milk mixture over pasta, and sprinkle with remaining 1 cup cheese.
6. Bake, uncovered, until the top is brown and the center is set, about 50 minutes.
7. Sprinkle top with nutmeg before serving.

Lentil Lasagna

Makes 6-8 servings

Recipe from The Pea & Lentil Cookbook – From Everyday to Gourmet

1 cup dry lentils, rinsed

2 ¼ cups water

1 ¼ tsp fennel seeds

1 tsp salt

8 oz lasagna noodles

cups chopped onion

large cloves garlic, minced (about 1 Tbsp)

2 Tbsp olive oil

2 medium zucchini, sliced

2-15oz cans tomato sauce

1/8 tsp sugar

1 tsp dried basil leaves, crushed

1 ½ cups shredded mozzarella

cheese

1. Preheat oven to 350 degrees F. Lightly oil a 13 x 9 inch baking pan. In a medium saucepan, combine lentils, water, fennel seeds, and salt. Bring to a boil; reduce heat, cover and simmer 30 to 40 minutes, or until lentils are very tender and almost all the liquid is absorbed. Set aside.
2. Meanwhile, cook lasagna noodles according to package directions. Drain noodles and rinse with cold water. Mix lentils with tomato sauce, sugar and basil.
3. In a large skillet over medium-high heat, cook onions and garlic in 1 ½ Tbsp oil until they are tender, about 5 to 7 minutes. Turn onions into a bowl and set aside. To skillet add remaining ½ Tbsp oil and zucchini and cook, stirring until zucchini is just tender, about 8 minutes.
4. Arrange half the lasagna noodles over bottom of baking pan. Arrange zucchini slices evenly over noodles, and then spread half the lentils over the zucchini and half the cheese over the lentils. Top with remaining noodles, then with onions and finally with remaining lentil mixture.
5. Bake, covered, for 30 minutes, or until heated through. Five minutes before lasagna is done, uncover it, sprinkle on remaining cheese, and continue baking, uncovered, until cheese melts.

Beef and Lentil Burritos

Submitted by Loraine Haas – 2003 1st Annual 2nd Place NPGA Pulse Cook-off Winner

1 cup lentils

1 lb ground beef

½ cup onion, chopped

Sauce:

1 can fiesta nacho soup

1 can Hormel chili (no beans preferably)

1 pkg brown gravy mix (make according to pkg)

1. Brown ground beef with onion, cook lentils until soft, mashed and mix with cooked ground beef mixture.
2. Fill 8” soft round tortillas with hamburger/lentil mixture and roll up. Place on individual plate and cover with warm gravy sauce. Garnish as you like with lettuce, tomatoes, cheese, salsa, etc.

Beef and Lentil Enchiladas

Submitted by Tim and Madonna Oech – 2007 5th Annual 2nd Place NPGA Pulse Cook-off Winner

1 lb ground beef	1 pint sour cream
½ cup onions, chopped	1 can chopped green chilies
1 pkg taco seasoning	3 cups grated mozzarella cheese (reserve one cup)
2 cans cream of chicken soup	
1 pkg large flour tortillas (12)	

1. Brown the ground beef, add taco seasoning. Mix the ground beef with decorticated cooked lentils and set aside. Mix together soup, sour cream, green chilies, and 2 cups cheese.
2. Grease 9 x13 pan. Mix meat mixture and 1/3 of cream mixture. Fill each tortilla with approximately ¼ c. meat/cheese mixture. Roll and place in pan, seam side down.
3. Pour rest of cream mixture over tortilla and top with 1 cup mozzarella. Bake covered for 20 minutes at 350 degrees, uncover and bake an additional 10 minutes.

Toppings Optional: lettuce, tomatoes, black olives, onion, sour cream, jalapenos and salsa.

Lentils with Italian Sausage

Makes 4-6 servings

2 cups lentils, rinsed
6 cups beef broth
1 carrot, peeled
2 sprigs fresh parsley
¼ tsp ground cloves
4 – 6 Italian sausages
1/3 cup onion, chopped

3 large tomatoes, chopped
1/3 cup dry sherry
1 tsp fresh rosemary, chopped
1 tsp fresh thyme, chopped
½ tsp black pepper
Freshly grated Parmesan cheese
Finely chopped Parsley, garnish

1. Combine lentils, broth, carrot, parsley sprigs, and cloves in a large saucepan. Bring to a boil; reduce heat, cover, and simmer until lentils are tender, about 30 minutes. Discard the carrot and parsley sprigs. Drain, reserving lentils and 1 cup broth.
2. In a 5-6 quart saucepan, cook sausages over medium heat until they are well browned and no longer pink in the center; remove from pan and keep warm. Remove all but 2 Tbsp of drippings.
3. Add onion and garlic to saucepan; cook, stirring, until onion is limp. Add lentils, 1 cup cooking broth, ½ cup tomatoes, sherry, rosemary, thyme, and pepper. Cook on medium heat, stirring, until mixture is thick.
4. Pour lentils into a serving dish. Top with sausage (sliced, optional) and remaining tomato, grated cheese and parsley.

Lentil Quesadillas

Submitted by Laurie Fifield – Minot, ND

1 lb ground beef

1 cup lentils

1 pkg taco seasoning

1 lb cheddar cheese, grated

1 lb mozzarella cheese grated

flour tortillas

salsa

sour cream

1. Rinse lentils in a colander to remove any dirt or foreign matter. In a small saucepan in 2 ½ cups water, add lentils, bring to boil, reduce heat and simmer until very soft, about 45 minutes. Meanwhile brown the ground beef and drain fat. Drain lentils and add them to hamburger, add taco seasoning. Over low heat, with a potato masher, mash the lentils and hamburger together, mixing in the seasoning.
2. Spread about ½ cup of the lentil/meat mixture onto a 7 inch tortilla. Combine the two cheeses and spread about ¾ cup of cheese over the lentil mixture. Press another tortilla on top. In a clean frying pan, or on a griddle over medium heat, fry the “sandwich” until golden brown, turning to cook the other side as well. Cut into wedges. Serve with sour cream and salsa.

Mexican Tostadas

This recipe was formulated for the Northern Pulse Growers Association

1/3 cup lentils	1 cup black beans, drained and rinsed
1 1/3 cup water	1 1/2 cup bell peppers, chopped
2 Tbsp vegetable oil	1 tsp chili powder
1 lb chicken breast	1 tsp ground cumin
1/2 tsp salt	8 tostadas

1. In a medium saucepan, bring lentils and water to a boil, reduce heat, cover and simmer until lentils are tender. In a frying pan, cook chicken until it reaches an internal temperature of 165 degrees F.
2. Heat oil in separate pan and sauté onion and garlic in oil, stirring constantly. Reduce heat and add salsa, lentils black beans and seasonings. Shred or cube chicken and add to the salsa mixture. Continue cooking until heated through.
3. Portion onto tostadas and top with peppers and your other favorite topping.

Optional Toppings: Shredded cheese, sour cream, guacamole and black olives.

Barbeque Meat Balls

Submitted by Chet Hill - Williston, ND

1 lb hamburger
1 lb Italian Sausage
3 ½ Tbsp Worcestershire Sauce
2 envelopes of onion soup mix
1 can evaporated milk
1 cup chickpeas (chopped)
½ cup lentils (chopped)

BBQ Sauce:

4 cups ketchup
2 cups brown sugar
2 tsp liquid smoke
1 tsp lemon juice
Tabasco sauce to taste

1. Soak the chickpeas and lentils overnight.
2. Pre-heat oven to 350 degrees.
3. In a large bowl, mix all the above ingredients (Do not add the sauce ingredients).
4. Form into balls and place into a 9 x13 cake pan. Cover with foil and place in the oven to bake for 40 minutes.
5. While the meatballs are baking, make the BBQ sauce.
6. Pour over meatballs and bake another 15 minutes or until bubbling.

Steak and Chickpea Stir-Fry

This recipe was formulated for the Northern Pulse Growers Association

Makes 4 servings

8 oz boneless sirloin steak,	½ green bell pepper
1 (15 oz) can chickpeas, drained	1 Tbsp garlic, minced
7 Tbsp water	½ tsp ground ginger
1 Tbsp cornstarch	¼ tsp red pepper flakes
½ red bell pepper	¼ cup teriyaki basting sauce
2 Tbsp soy sauce	

1. Cut steak and peppers into strips. Heat a large skillet over medium heat. Coat pan with nonstick cooking spray; add steak strips. Fry for 5 minutes or until steak is fully cooked. Transfer to plate.
2. Mix cornstarch and 3 tablespoons water; add chickpeas, remaining water, peppers, garlic, ginger, red pepper flakes, soy sauce and teriyaki sauce to pan and cook for 5 minutes.
3. Return beef to vegetable mixture and toss to coat. Serve over rice noodles or brown rice.

Couscous with Spicy Garlic Sauce

Makes 4 servings

*Recipe from **The Pea & Lentil Cookbook – From Everyday to Gourmet***

2 Tbsp olive oil
1 medium onion, chopped
2 cups chicken broth
1 cup instant couscous
1-15oz can chickpeas, drained, rinsed and warmed
2 cups cooked chicken, pork or lamb
(Cut into ½ inch cubes)

Sauce:

½ cup olive oil
1 Tbsp paprika (sweet/hot, desired)
2 tsp minced garlic
½ tsp salt
1/8 tsp cayenne pepper
¼ cup chopped fresh cilantro

1. In a medium saucepan over medium-high heat, heat oil and cook onion until translucent, about 3 or 4 minutes. Add chicken broth and bring to a boil.
2. Pour couscous in a steady stream into boiling broth, stirring constantly. Bring to boil again and remove from heat.
3. Stir in chickpeas and meat. Cover pan and allow standing until couscous is tender and broth is absorbed, about 10 to 15 minutes. Fluff mixture with two forks.
4. Meanwhile, in a small bowl mix together all sauce ingredients until thoroughly blended.
5. To serve, garnish couscous with cilantro and pass sauce separately. Stir sauce right before spooning over couscous.

My Favorite Main Dishes

Favorite Recipe: _____ **Comments/Additions:** _____

Favorite Recipe: _____ **Comments/Additions:** _____

Favorite Recipe: _____ **Comments/Additions:** _____

Desserts/Bars/Biscuits

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Best-Ever Nut Bread

Makes 2 loaves

*This recipe is from **The Pea & Lentil Cookbook-From Everyday to Gourmet***

2/3 cup shortening	1 tsp salt
2 cups sugar	½ tsp baking powder
4 eggs	1 tsp ground cinnamon
2 cups split pea puree	½ tsp ground cloves
2/3 cup water	½ tsp ground nutmeg
3 1/3 cup sifted flour	1 cup walnuts or pecans, chopped
2 tsp baking soda	

1. Preheat oven 350 degrees. Cream together shortening and sugar. Beat in eggs, one at a time. Add split pea puree and water. In a separate bowl, sift together dry ingredients, except nuts. Stir into creamed mixture along with nuts.
2. Bake in 2 well-greased 5x9-inch loaf pans for 60 – 70 minutes. When a toothpick inserted into the center of the loaf come out clean, the bread is done. Cool loaves and store in airtight plastic bags.

Nuts and spice in a loaf that slices like a dream.

Baked Biscuits

Makes 15 biscuits

1 $\frac{3}{4}$ cup all-purpose flour
1 Tbsp baking powder
1 Tbsp white sugar
Dash of salt

$\frac{1}{4}$ cup soft margarine/butter, unsalted
 $\frac{2}{3}$ cup lentil puree
 $\frac{2}{3}$ cup 1% milk

1. Preheat oven to 425 degrees. In a bowl, combine flour, baking powder, sugar and salt. Cut margarine into mixture and add lentil puree, cut until it resembles coarse oatmeal.
2. Add milk and fold into flour mixture until ingredients are just incorporated.
3. Turn out dough onto a lightly-floured surface and pat down to 1 $\frac{1}{2}$ -2 inches thick. Cut out biscuits with a 2 inch cookie cutter with flour to help prevent dough from sticking.
4. Place biscuits on baking sheet at least 1 inch apart. Bake for 14-16 minutes, or until golden brown. Serve immediately!

These biscuits are light and delicious – Serve them with your favorite split pea soup.

Apple-Lentil Muffins

Serves 12

*This recipe is from **The Pea & Lentil Cookbook-From Everyday to Gourmet***

1 egg	2 tsp baking powder
½ cup canola oil	1 tsp baking soda
1 cup lentil puree	1 tsp cinnamon
1 cup canned apple pie filling	½ tsp salt
¾ cup whole wheat flour	¼ tsp ground allspice
¾ cup all-purpose flour	1/8 tsp ground nutmeg
1/3 cup brown sugar	

(The recipe for the lentil puree is on page 102)

1. Preheat oven to 400 degrees. Spray muffin pan with nonstick vegetable cooking spray or line with paper baking cups.
2. Beat egg in a large mixing bowl. Stir in oil, add 1 cup of lentil puree and apple filling.
3. In a separate bowl, combine flours, sugar, baking powder, soda, cinnamon, salt allspice and nutmeg.
4. Stir dry mixture into puree mixture just until flour is moistened. Spoon batter into prepared muffin pan.
5. Bake 15 minutes, or until top of muffin bounces back when touched or a toothpick inserted into center comes out clean.

Lentil Brownies

Submitted by Sara Fifield – 2004- 2nd Annual 3rd Place NPGA Pulse Cook-off Winner

½ cup butter or margarine

½ cup lentil puree (recipe on page 102)

¾ cup cocoa

2 cups sugar

¾ tsp salt

3 eggs

1 tsp vanilla

1 cup flour

1 cup chocolate chips

1 cup walnuts (optional)

1. Melt butter, mix in lentils, cocoa, sugar and salt. Add eggs, 1 at a time. Mix in vanilla, 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.

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

Lentil Granola Bars

Makes 35 bars

2/3 cup shredded coconut
2 cups quick-cooking rolled oats
1 cup brown sugar, lightly packed
1/3 cup pellet like bran cereal
1/2 tsp cinnamon

3/4 cup lentil puree
1/2 canola oil
1 egg, beaten
1/2 tsp vanilla extract
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" x 16" 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.

Chocolate Chip-Lentil Cookies

*This recipe is from **The Pea & Lentil Cookbook-From Everyday to Gourmet***

Makes about 7 dozen

1 ½ cups butter, softened

2 ½ cups brown sugar

1 cup sugar

4 tsp vanilla

5 eggs

1 ½ cups lentil puree

(the recipe for lentil puree –pg. 102)

4 cups all-purpose flour

1 tsp salt

1 tsp baking soda

5 cups of quick-cooking oatmeal

2 cups semi-sweet chocolate chips

1 cup chopped walnuts

1. Preheat oven to 375 degrees.
2. In a large mixing bowl, cream together butter, brown sugar, and white sugar. Add vanilla and eggs; beat until smooth. Cream lentil puree into butter mixture.
3. In a separate bowl, sift together flour, salt and baking soda. Add to creamed mixture and blend lightly. Gently blend in oatmeal, chocolate chips and nuts just until evenly mixed.
4. Chill dough until ready for handling. Drop dough in rounded teaspoons onto an ungreased cookie sheet. Bake 5 minutes; turn pan and bake another 5 minutes, or until cookies are lightly browned.
5. Cool on wire racks.

Lentils give a rich, nutty flavor and cakelike softness to this classic cookie.

Moist Cocoa-Lentil Cake

*This recipe is from **The Pea & Lentil Cookbook-From Everyday to Gourmet**
Makes 12 servings*

1 ¼ cups red chief lentil puree
1 ½ cups granulated sugar
1 cup oil
4 large eggs
1 tsp vanilla
(See page 102 for lentil puree)

2 cups flour, sifted
4 Tbsp cocoa
1 ½ tsp baking soda
½ tsp salt

1. Preheat oven to 350 degrees. Grease and flour two 8” or 9” round cake pans.
2. Beat the sugar, oil and eggs together for 2 minutes. Add the lentil puree and vanilla to the creamed mixture. Mix for 1 minute.
3. Sift the dry ingredients, add to the batter, and beat for 2 minutes on high speed.
4. Pour into prepared cake pans and bake at 350 degrees for 30-35 minutes or until top springs back when touched lightly. Remove from oven and turn out onto cooling racks. Cool completely. Carefully brush crumbs off of each layer.
5. Frost with your favorite icing.

Oatmeal Spice Cake-with a Crunchy Coconut Topping

This recipe is from The Pea & Lentil Cookbook-From Everyday to Gourmet

Makes 12 servings

Cake

1 ½ cups boiling water	Pinch of salt
1 cup instant oatmeal	1 tsp baking soda
¾ cup margarine or butter	1 tsp ground cinnamon
½ cup lentil puree	1 tsp vanilla extract
2 eggs, beaten	1 tsp ground nutmeg
1 cup brown sugar	1 ¾ cups unbleached white flour
1 cup sugar	
(see page 102 for lentil puree recipe)	

Topping

6 Tbsp melted butter	1 tsp vanilla extract
½ cup sugar	1 cup shredded coconut
¼ cup sweetened condensed milk	1 cup chopped nuts

1. Preheat oven to 350 degrees. Stir together boiling water, oatmeal, and butter. Let stand until margarine melts. Mix remaining cake ingredients. Pour batter into a greased and floured 13x9-inch baking pan and bake for about 45 minutes or until cake springs back when lightly touched. Cool slightly in pan.
2. Heat all topping ingredients in a saucepan; do not boil. Spread topping evenly over the cake. Place it under broiler, 4-6 inches from heat, and broil until topping is hot and slightly brown.

Lemon Chickpea Cake

*This recipe is from **The Pea & Lentil Cookbook-From Everyday to Gourmet***

Makes 6 servings

Cake

1-15 ounce can chickpeas, drained

4 Tbsp lemon juice

¼ cup vegetable oil

2 Tbsp lemon zest, grated

2 egg yolks

2 egg whites

2/3 cup all-purpose flour

1 cup sugar, divided

2 tsp baking powder

½ tsp salt

1/8 tsp cream of tartar

Lemon Glaze

2 cups powdered sugar

tsp vanilla extract

1 Tbsp butter or margarine, softened

2 Tbsp lemon juice

1 tsp grated lemon zest

(Continue on next page)

Lemon Chickpea Cake (continued)

1. Preheat oven to 350 degrees. Grease and lightly flour two 8-inch round cake pans.
2. In a blender or food processor, puree chickpeas with lemon juice, oil and lemon zest. Add egg yolks and blend well. Turn the mixture into a large bowl.
3. In a medium bowl, combine flour, ½ cup sugar, baking powder and salt. Add to the pureed chickpeas mixture. Mix well.
4. In another medium bowl, beat the egg whites and cream of tartar until foamy. Gradually add the remaining ½ cup sugar, beating until stiff peaks form.
5. Fold the beaten egg whites into the chickpea puree. Pour into prepared pans and bake 30 to 35 minutes, or until a toothpick inserted into the center of the cake comes out clean. Cool 10 minutes, then remove cake from pans. Cool completely.

Frosting – in a medium bowl, mix all the ingredients. Frost cake.

Delightfully Lemony!

Chickpea Bread

Submitted by Mary Gjorven

2 Tbsp yeast (2pkgs)
2 cups water, divided
1 cup chickpeas, pureed
2 cups (chickpea) water
2 eggs

1 Tbsp salt
2/3 cup sugar
½ cup salad oil
12 cups bread flour

1. Dissolve yeast in 1 cup warm water. In processor, mix chickpeas, water (3 cups), eggs, salt, sugar and oil. Place in a large bowl, mix in yeast. Add flour and knead.
2. Cover and let raise. Punch down twice. Shape into four loaves, let raise.
3. Bake 30-35 minutes at 375 degrees.

For high protein - Enjoy hot with your choice of split pea soup!

Chickpea Chocolate Cake

This recipe was formulated for the Northern Pulse Growers Association

Makes 9 servings

1 ½ cups semi-sweet chocolate chips

1-15 oz. can chickpeas, drained

4 eggs

¾ cup white sugar

½ tsp baking powder

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, frosting or fresh berries.

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

My Favorite Desserts/Bars/Biscuits

Favorite Recipe: _____ **Comments/Additions:** _____

Favorite Recipe: _____ **Comments/Additions:** _____

Favorite Recipe: _____ **Comments/Additions:** _____

Gluten Free Foods – Special Diet Solutions

Gluten-free foods and meals are increasingly popular today, because even though many who avoid gluten aren't formerly diagnosed celiac, they have sensitivity to gluten. People who must avoid gluten suffer from celiac disease, an autoimmune disorder. When a celiac-afflicted person eats gluten, it triggers an immune reaction that can damage the intestinal tract leading to poor absorption of nutrients.

Finding nutritious substitutes for gluten is a challenge for celiac because gluten, a protein form in wheat and many other cereal grains, is found in a huge array of everyday foods. But growing consumer demand promises to fuel improved gluten-free products and pulses are poised to become a major player in this trend. Whole pulses, pulse flours, pulse starches, protein and fiber components offer great opportunity to make gluten-free foods more wholesome. In this section you will find great recipes to accommodate your special diet. Enjoy!

***Tips:** Many gluten-free baked good recipes call for more than one type of flour. The reason for this is because different gluten-free flours have different ratios of proteins and starches, not to mention flavors. Combining flours helps produce optimal end products in texture and taste.*

Xanthan gum is a very common ingredient in gluten-free baking. Be sure to follow amounts listed exactly, as using too much could lead to chewier, dense products, while using too little could result in crumbly product.

Gluten Free Foods

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Pulse Puree

Pulse puree can be made from canned or boiled pulses.

Canned Pulses

1. Rinse and drain a 15 ounce can of pulses: discard the liquid; yields about 1 ¼ cups.
2. Place the pulses in a food processor, add ¼ cup hot water and puree until the mixture has the consistency of canned pumpkin. If needed, add additional water, 1 tablespoon at a time, to reach this consistency.
3. Makes about 1 cup puree. Refrigerate or freeze unused puree.

Raw Pulses

1. Add 1/3 cup sorted and rinsed raw lentils to 2 cups boiling water. Cook until soft. Drain; discard the cooking water, leaving about 1 ¼ cups cooked pulses.
2. Follow steps 2-3 above.

Brown Rice Flour Blend

1 ½ cups brown rice flour

1 ½ cups potato starch

1 cup tapioca flour (also called tapioca starch)

Blend thoroughly. Store, tightly closed, in dark, dry place.

Recipes using these mixtures above are found on the following pages 103-112

Gluten-Free Shake and Bake

Makes 1 cup

- ½ cup chickpea (garbanzo) flour
- ½ cup crushed gluten-free corn flakes or bread crumbs
- 1 tsp sea salt
- 1 tsp celery salt
- 1 tsp dried parsley flakes
- ½ tsp sugar
- ½ tsp onion powder
- ½ tsp garlic powder
- ¼ tsp paprika
- ¼ tsp freshly ground black pepper

1. Crush the cornflakes or bread crumbs in a plastic bag with a rolling pin.
2. In a small bowl, whisk all the ingredients together until well blended. Pour into a shaker bag and coat the food in it.
3. Moisten vegetables or meat with water. Preheat oven or frying oil.
4. Fry foods or bake them at 400 degrees F in an ungreased or foil-lined baking pan until cooked through. Do not cover or turn food during baking.

Use for coating vegetable, chicken, steaks or fish fillets before frying or baking to get a crisp, crunchy texture.

Crepes

Makes six 8-inch crepes

1 egg

½ cup milk of choice

1 tsp canola oil

1 Tbsp parsley, chopped

1 Tbsp grated parmesan cheese

½ cup chickpea flour

Salt and pepper to taste

1. In medium bowl, whisk egg, milk and canola oil. Continue whisking and add parsley, parmesan, salt and pepper.
2. Add the chickpea flour to the egg and milk mixture and whisk until smooth with no lumps.
3. Heat an 8-inch non-stick crepe pan over medium heat and lightly grease. Using a ¼ cup measure, scoop batter into hot pan and quickly tilt the pan using a circular motion so that the batter evenly coats the surface.
4. Cook the crepe for about 30 seconds, until bubbles show on the surface and the bottom is light brown. Loosen with spatula, turn and cook the other side.

This recipe can be modified for sweet fillings such as fruit or jam. Instead of the parsley, parmesan, salt and pepper, whisk in 1 tsp vanilla and ¼ tsp ground cinnamon.

Can be served plain or with various toppings – cream cheese and smoked salmon are delicious!

Savory Mediterranean Muffins

Makes 12 Servings

1 cup yellow pea flour

1 cup brown rice flour blend

(see recipe on page 102)

¼ cup sugar

tsp baking powder

tsp dried oregano

1 Tbsp dried minced onion

1 Tbsp grated parmesan cheese

1 tsp xanthan gum (see note pg. 110)

¼ tsp table salt

1 cup milk of choice

½ cup canola oil

2 large eggs, room temperature

¼ cup sun-dried tomatoes, chopped

¼ cup black olives, sliced

1. Place rack in middle of oven. Preheat oven to 375 degrees. Grease a standard 12 cup nonstick metal muffin pan. In a medium mixing bowl, whisk together yellow pea flour, rice flour blend, sugar, baking powder, onion, parmesan, oregano, xanthan gum and salt until well blended. With an electric mixer on low speed, beat in milk, oil and eggs until batter thickens slightly, about 30 seconds. Stir in tomatoes and olives.
2. Fill muffin pan with batter, filling the cups about $\frac{3}{4}$ full. Let stand for 10 minutes.
3. Bake 20 to 25 minutes, until brown and a toothpick inserted into the center comes out clean. Cool on a wire rack for 10 minutes, remove the muffins from the pan, cool 10 more minutes on the wire rack. Serve slightly warm.

Cranberry Orange Muffins

Makes 12 muffins

1 ¼ cups brown rice flour blend

(see recipe on page 102)

¾ cup yellow pea flour

¾ cup sugar, plus 2 tsp for topping

1 tbsp baking powder

1 tsp xanthan gum (see note pg. 110)

¾ tsp table salt

1 cup milk of choice

½ cup canola oil

1 tsp pure vanilla

2 large eggs, room temperature

Zest of 1 large orange

½ cup dried cranberries

½ cup chopped pecans or walnuts

1. Place rack in the middle of the oven, preheat oven to 375 F degrees Generously grease a standard 12 cup nonstick muffin pan or line with paper liners.
2. In a medium mixing bowl, whisk together the rice flour blend, yellow pea flour, ¾ cup sugar, baking powder, xanthan gum and salt until well blended. With an electric mixer on low speed, beat in the milk, oil, vanilla, eggs and zest until batter thickens slightly, about 30 seconds. Stir in the cranberries and nuts. Divide the batter evenly in pan and sprinkle with remaining sugar.
3. Bake 25 to 30 minutes, until brown and a toothpick inserted into the center comes out clean. Cool on a wire rack for 10 minutes, remove the muffins from the pan, cool 10 more minutes on the wire rack. Serve slightly warm.

Pulse flours absorb more moisture than other flours. More liquid or eggs may be necessary in baking.

Banana Bread Mini-Loaves

Makes 12 servings

¾ cup brown rice flour blend

(see recipe on page 102)

¾ cup yellow pea flour

¾ cup sugar, plus 2 tsp for topping

2 tsp baking powder

1 tsp xanthan gum (see note pg. 110)

1 ½ tsp cinnamon

½ tsp ground mace (optional)

½ tsp table salt

½ tsp ground nutmeg

1/8 tsp baking soda

2 large eggs, room temperature

2/3 cup honey

½ cup canola oil

2 large very-ripe bananas mashed

1 tsp pure vanilla

½ cup chopped pecans (optional)

1. Place rack in the middle of the oven, preheat oven to 350 F degrees. Generously grease a 6x4 inch nonstick metal loaf pans.
2. In a medium mixing bowl, whisk together the yellow pea flour, rice flour blend, baking powder, xanthan gum, cinnamon, mace, salt, nutmeg and baking soda until well blended.
3. Add the eggs, honey, oil, bananas, and vanilla and beat with electric mixer on low, just until blended. Increase speed to medium and beat another 30 seconds. Stir in nuts. Spread evenly in pans. Let stand for 10 minutes.
4. Bake 35 to 40 minutes, until brown and a toothpick inserted into the center comes out clean. Lay a sheet of foil over the first 15 minutes to prevent over-browning. Cool on a wire rack for 10 minutes, remove from the pan, cool completely on the wire rack.

Apple Crisp

Makes 6 servings

Fruit

5 large Granny Smith Apples

Zest and juice of 1 lemon

2 Tbsp sugar

1 tsp vanilla extract

Topping

½ cup chickpea flour

Tbsp packed brown sugar

3 Tbsp sugar

¼ cup chopped walnuts

½ tsp cinnamon

¼ tsp ground nutmeg

1/8 tsp salt

6 Tbsp unsalted butter

1 cup vanilla ice cream

1. Place rack in the middle of the oven, preheat oven to 350 F degrees. Coat an 8x8 inch baking dish with cooking spray.
2. Peel, core and thinly slice the apples, toss the apples with lemon zest and juice, sugar and vanilla. Place in baking dish.
3. In the same bowl, whisk the chickpea flour, brown sugar, granulated sugar, walnuts (if desired), cinnamon, nutmeg, cloves and salt with a whisk until blended. Cut in the butter with a fork until the mixture forms small clumps and sprinkle evenly over the apples.
4. Bake 40 to 45 minutes or until the topping is crisp and browned. Serve warm, with vanilla ice cream.

Applesauce Spice Layer Cake

Makes 12 servings

2 cups brown rice flour blend	$\frac{3}{4}$ tsp salt
1 cup packed brown sugar	1 cup lentil puree (see puree recipe pg. 102)
1 tsp baking soda	2 large eggs (room temperature)
1 tsp xanthan gum (see note on pg. 110)	1 cup unsweetened applesauce
1 tsp ground cinnamon	$\frac{1}{2}$ cup canola oil
$\frac{1}{4}$ tsp ground allspice	$\frac{1}{4}$ cup molasses
$\frac{1}{4}$ tsp ground nutmeg	1 tsp vanilla
$\frac{1}{8}$ tsp ground cloves	Vanilla frosting (optional)

1. Place rack in the middle of the oven, preheat oven to 350 F degrees. Coat two 8-inch round non-stick metal pans. Line with parchment paper and grease again.
2. In medium mixing bowl, whisk together flour blend, brown sugar, baking soda, xanthan gum, cinnamon, allspice, nutmeg, cloves, and salt. Add lentil puree and eggs until blended. Add applesauce, oil, molasses, and vanilla and beat until thoroughly blended. Spread evenly in pans.
3. Bake 25 to 30 minutes, or until toothpick inserted into the center comes out clean. Cool on a wire rack for 10 minutes, remove from the pan, cool completely on the wire rack.
4. Decorate with vanilla frosting. Cut and serve. Refrigerate leftovers.

Don't leave gluten-free baked items in the pan to cool for too long. They will get a soggy bottom.

Gingerbread Cupcakes

Makes 12 cupcakes

1 cup brown rice flour blend
1 tsp baking soda
2 tsp ground ginger
1 tsp cinnamon
½ ground cloves
1 tsp xanthan gum
½ tsp table salt

1 cup lentil puree (see recipe on page 102)
2 large eggs, room temperature
2/3 cup packed brown sugar
1/3 cup canola oil
1/3 cup molasses
1 tsp vanilla extract
1 tsp apple cider vinegar

1. Place rack in the middle of the oven, preheat oven to 375 F degrees. Generously grease a standard 12 cup nonstick muffin pan or line with paper liners.
2. In a medium mixing bowl, whisk together rice flour blend, baking soda, ginger, cinnamon, cloves, xanthan gum and salt until well blended. Add the lentil puree, eggs, brown sugar, oil, molasses, vanilla and vinegar and beat with an electric mixer on low speed until blended. Divide batter evenly in muffin pan.
3. Bake 20 to 35 minutes, or until toothpick inserted into the center comes out clean. Cool on a wire rack for 10 minutes, remove from the pan, cool completely on the wire rack.

***Note:** Xanthan gum is a very common ingredient in gluten-free baking. Be sure to follow amounts listed exactly, as using too much could lead to chewier, dense products, while using too little could result in crumbly product.*

Chickpea Chocolate Cake

This recipe was formulated for the Northern Pulse Growers Association

Serves 9

1 ½ cup semi-sweet chocolate chips*	¾ cup white sugar
1-15 oz. can chickpeas, drained	½ tsp baking powder*
4 eggs	

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

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. 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, frosting or fresh berries.

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

Peanut Butter Cookies

Makes 32 small cookies

1 cup crunch natural peanut butter
1 cup sugar
2 large eggs
Dash of salt

1 tsp vanilla extract
½ cup chickpea flour
¼ tsp xanthan gum
(see note on pg. 110)

1. Place rack in the middle of the oven, preheat oven to 350 F degrees. Line a 13 x 9 inch nonstick baking sheet with parchment paper.
2. In a medium bowl, beat the peanut butter, sugar, eggs and vanilla with an electric mixer on low speed until well blended. Add the chickpea flour, xanthan gum and salt and beat on low speed until well blended. Shape half of the dough into twelve 1 inch balls, and place 2 inches apart on the baking sheet. Flatten each ball to ½ inch thick by making criss-cross marks with the tines of a fork.
3. Bake until the cookies are lightly browned and firm, about 12 to 15 minutes. Cool the cookies on the pan on a wire rack for 10 minutes. Transfer the cookies to the wire rack to cool completely. Repeat with remaining dough.

When measuring flours, be sure to fluff the flour with a whisk or fork and then spoon it into the measuring cup. Doing so will lighten the flour and avoid having a dense dry baked good.

My Favorite Gluten Free Recipes

Favorite Recipe: _____ **Comments/Additions:** _____

Favorite Recipe: _____ **Comments/Additions:** _____

Favorite Recipe: _____ **Comments/Additions:** _____

Culinary Tips

- Lightly dust a chicken breast with chickpea flour to give it a beautiful pan-seared crust with just the right hint of nuttiness and gorgeous color.
- Mix a pulse flour (lentil, pea or chickpea) with butter to make a flavorful roux to thicken a sauce or soup.
- Sauté chickpeas with heirloom tomatoes and pancetta and serve with basil chiffonade.
- Stuff squash, game hen or pheasant with red lentils, sausage, garlic and onion.
- Serve up a main course salad by topping a colorful array of cool lentils with shallots, olives and lemon zest. Move over chicken breast – they’re also a perfect protein option to the menu’s mixed green and goat cheese salad.
- Add lentils to meatloaf. Or, crush them to make a healthy breading.
- Offer hummus or seasoned and sauced lentils as a baked potato topping in place of sour cream.
- Puree cooked yellow split peas, seasoned with oregano and red wine vinegar and spread it on bread or thin into soup.

Culinary Tips—Continued

- Send the nutrition and flavor profile of your soups and stews through the roof by making pulses do double duty. Use chickpeas, lentils or split peas as a whole ingredient and puree some as part of the thickening agent.
- Keep that familiar crunch but add more healthy color to salads by replacing bread croutons with the delicious crispness of roasted peas and lentils.
- Baking soda – Some recipes call for baking soda to shorten the cooking process, especially if using hard water. Baking soda increases the absorption of water, but it also destroys thiamin, an important B vitamin found in pulses. Baking soda may also make the texture of pulses too soft, an undesired side effect.

Using baking soda to aid in cooking pulses is not recommended. If hard water is your only choice and you need to add baking soda, limit the amount to 1/8 teaspoon per 2 cups water.

Delicious Additions

- A little meat goes a long way when you stretch it with lentils. Try adding cooked lentils to your spaghetti sauce, taco meat, lasagna, salads, or other family favorites.
- Puréed or whole, cooked peas and lentils work wonders in bread and muffin batters. Toss cooked chickpeas into salads, soups, and stews.
- Use roasted pea flour in bread sticks or pizza crusts to provide an excellent source of protein and fiber versus traditional versions.
- Top pasta with a creamy puree of chickpeas, peas and or lentils that colorfully hide other healthy vegetables children dislike.
- Give cream mashed potatoes a high-fiber boost by replacing some of the potatoes flakes with roasted pea flour.

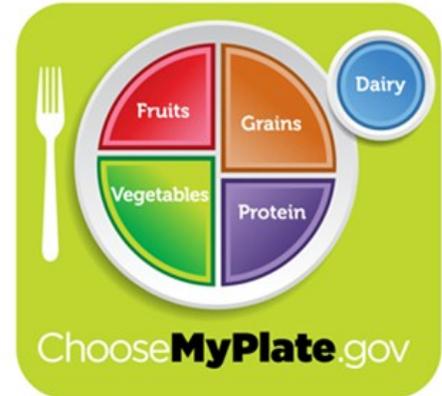
Pulses and MyPlate

The Dietary Guidelines for Americans encourage most Americans to eat fewer calories, be more active and make healthier food choices. *MyPlate* is a part of a large initiative based on 2010 Dietary Guidelines for Americans to help consumers make better food choices. *MyPlate* is a new generation icon with the intent to prompt consumers to think about building a healthy plate at meal times and to seek more information to help them do that by going to www.ChooseMyPlate.gov.

Pulses are increasingly being recognized for their role in promoting good health. Researchers have reported that regular consumption of pulses may reduce the risk of heart disease, diabetes and certain types of cancer. Pulses are a versatile, easy-to-prepare ingredient that can be used in entrees, salads, breads and desserts.

Because of pulses high nutrient content, consuming peas, lentils and chickpeas is recommended for everyone. Pulses can count either toward the “Vegetable Group” recommendation or toward the “Meat & Beans Group” recommendation.

www.ChooseMyPlate.gov



Vegetable Group: Vary your veggies. The Guidelines and *MyPlate* use 5 vegetable subgroups to encourage variety and healthier food choices. Pulses are a part of the Legume subgroup. The guidelines recommend eating more pulses, such as, dry peas, lentils and chickpeas. Adults consuming 1,800 to 2,400 calories daily should eat 1 ½ cups, or 3 servings, ½ cup per serving, each week.

Meat and Bean Group: Vary your protein routine: eat lean or low-fat. Choose more pulses. One-half cup cooked peas, lentils and chickpeas is a two-ounce serving of protein. Adults who eat 1,600 to 2,000 calorie diets should eat 5 to 5 ½ ounces of the lean meat and pulse group daily. Pulses are naturally low-fat.

The Dietary Guidelines are depicted on the www.choosemyplate.gov website, where you can print a daily food guide. The amount of food you need from each food group varies depending on your age, gender and physical activity.

Health Facts

- Healthier diets dictate a change in ingredients. But whether you're trying to satisfy an adventurous palate or match familiar expectations of taste and texture, pulses can help meet the challenge of better nutrition.
- Children require more protein than adults because of their rapid growth. Each day, a one-year old child needs about 15 grams (two cups) of protein, such as beans, milk, cheese, tofu, fish, poultry and lean meats. Combination foods such as grains (bread, pasta, rice) with beans, lentils, avocados, cheeses or tofu will provide the balance needed for vegetarian babies.

My Favorite Recipes

Favorite Recipe: _____ **Comments/Additions:** _____

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