PULSES

A Guide to

PEAS, LENTILS, CHICKPEAS & BEANS

for Food Bank & Pantry Staff

PULSES

This toolkit was funded by an Idaho Specialty Crop Block Grant.
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Spill the Beans: What Are Pulses?

Pulses are good for us and for the planet. What are they? Dry peas, lentils, chickpeas and beans. Although tiny in size, these tasty additions to the menu are a delicious and nutritious combination of carbohydrate and protein with fiber and a great mix of vitamins and minerals.

Pulses are part of the legume family (any plants that grow in pods), but the term "pulse" refers only to the dry edible seed within the pod. Beans, lentils, chickpeas and split peas are the most common types of pulses. Pulses are special because they have distinct health benefits apart from other legumes. Unlike legumes like peanuts and soy, for example, pulses are low in fat and very high in protein and fiber.

Chickpeas
(Garbanzo Beans)

Kabuli | Desi

Lentils

Green | Red | Small Brown | French Green | Black

Dry Peas

Split Green | Split Yellow | Whole Green | Whole Yellow

Beans

Adzuki | Black | Blackeye Peas | Kidney DARK RED | Kidney LIGHT RED | Great Northern | Navy

Pinto | Fava | Small Red | Mung | Lima | Cranberry | Pink

Nutrition

PULSES ARE:

- **Good source of protein**
  Lentils deliver **double the protein per serving of quinoa**
- **Excellent source of fiber**, including soluble fiber, insoluble fiber and resistant starch, contributing to their prebiotic effects. **All pulses have 4x more fiber than brown rice**
- **High in antioxidants**
  Per serving, red kidney beans have **higher antioxidant content than blueberries and pomegranate juice**
- **Iron-rich**
  One serving of black beans contains **1.5 times as much iron as one 3 ounce serving of flank steak**
- **Good source of potassium**
  One serving of dry peas **contains as much potassium as a banana**
- **Excellent source of folate**
  Chickpeas contain **3x more folate per serving than kale**
- **Gluten-free**
- **Sodium-free**
- **Cholesterol-free**
- **Low-glycemic index**

Nutritional information sourced from the USDA Nutrient Database, antioxidant data as published in Journal of Agricultural and Food Chemistry, June 9, 2004; All nutritional figures based on ½ cup serving of cooked pulses

How Do Pulses Compare?

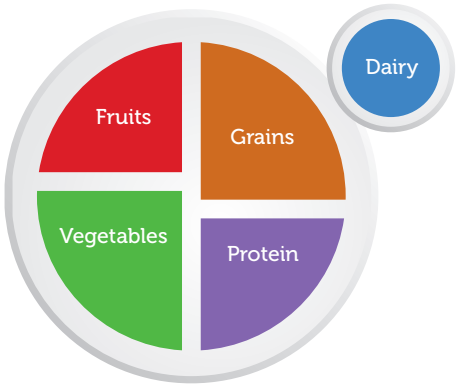
1 SERVING = ½ CUP COOKED	PINTO BEANS	LENTILS	CHICKPEAS (garbanzo beans)	SPLIT PEAS	WHITE RICE	BROWN RICE	POTATO	BROCCOLI
Kcals	122	115	134	116	121	109	68	27
Fat (g)	0.56	< 0.5	2.12	.38	< 0.5	0.81	0.08	0.32
Protein (g)	***7.7***	***8.9***	***7.27***	***8.17***	2.21	2.26	1.46	1.86
Carbohydrates (g)	22	20	22.48	20.68	26	23	16	5.6
Fiber (g)	***7.7***	***7.8***	***6.2***	***8.1***	0.3	1.8	1.4	***2.6***
Potassium (mg)	***373***	***365***	***239***	***355***	27	77	296	229
Iron (mg)	***1.79***	***3.3***	***2.37***	***1.26***	0.19	0.52	0.24	0.52
Magnesium (mg)	***43***	36	39	35	12	***43***	17	16

Highlighted Text ≥ 20% Daily Value
Bold Text ≥ 10% Daily Value

Data from the USDA National Nutrient Database

Pulses fit into **MyPlate** eating patterns as both **Vegetables** and **Protein**!

ChooseMyPlate.gov



OLD Label

Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving	
Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 12g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NEW Label

Nutrition Facts
8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving	
Calories	**230**
	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

For More Resources on the New Label visit:

https://www.fda.gov/food/food-labeling-nutrition/changes-nutrition-facts-label

https://www.fda.gov/media/99331/download

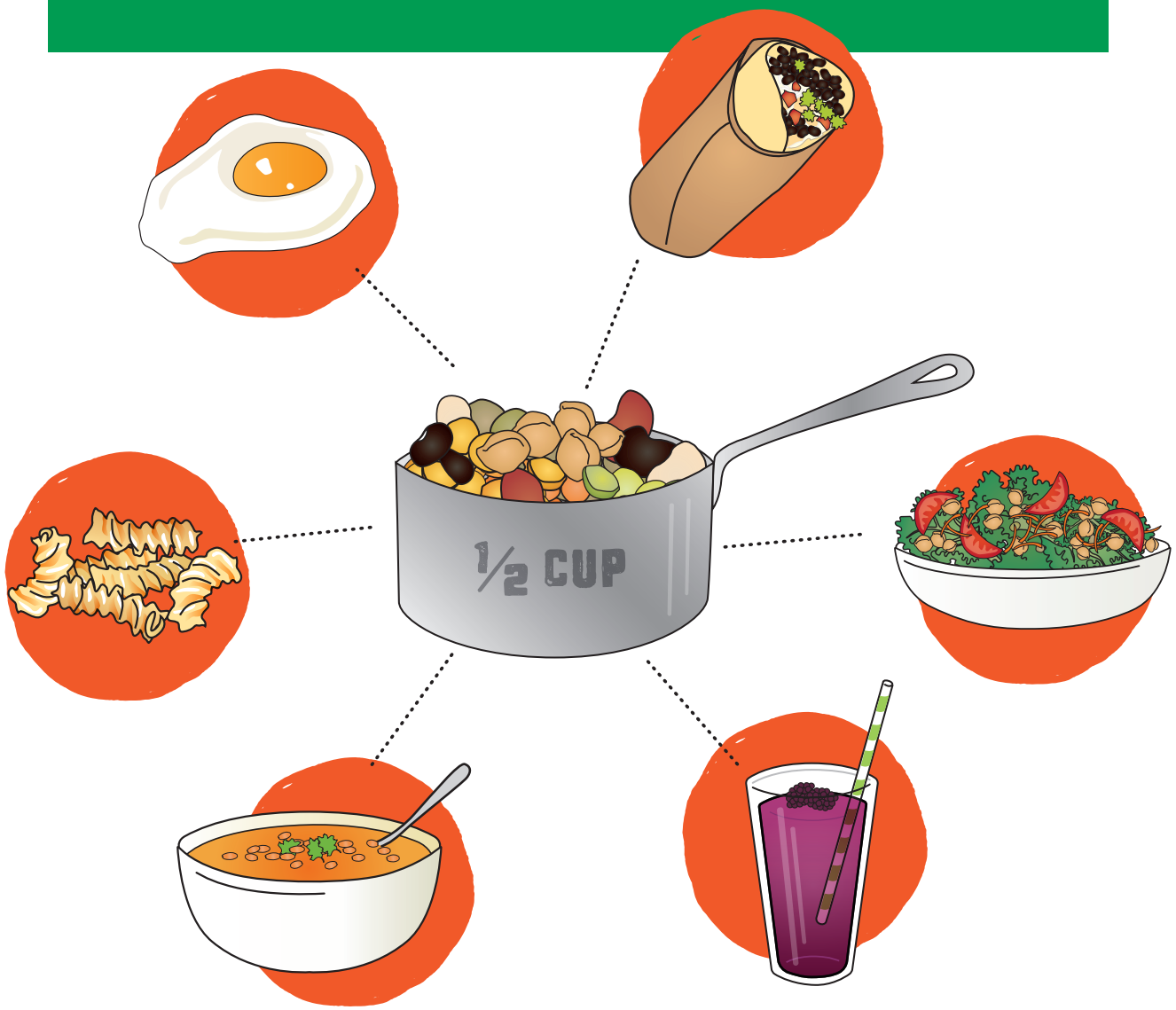
LABEL LINGO FOR GREAT GROCERY SHOPPING

The labels are full of information, and that information is being updated! Here are the "pulse points" to help highlight the nutrition powerhouse of split peas, beans, lentils and chickpeas:

Did you know that terms like "excellent source" and "good source" have a precise meaning? If something contains 10-19% of the Daily Value for a nutrient, it's considered a good source. If it contains more than 20%, it's an excellent source of that nutrient. Only nutrients for which a Daily Value has been set can use these terms. For example, there is no Daily Value for antioxidants, so food marketers can't say something is an excellent source of antioxidants.

Just Add Pulses

- Pulses are a budget friendly nutritional powerhouse that fit easily into any eating style, making it a great option for everyone to enjoy together at the next family meal.
- Because of the unique nutrient profile of pulses, they fit into both the vegetable and protein groups.
- According to the 2015 Dietary Guidelines for Americans, just add ½ cup of pulses into three meals each week to meet the recommended amount of pulses for a 2,000 calorie diet.



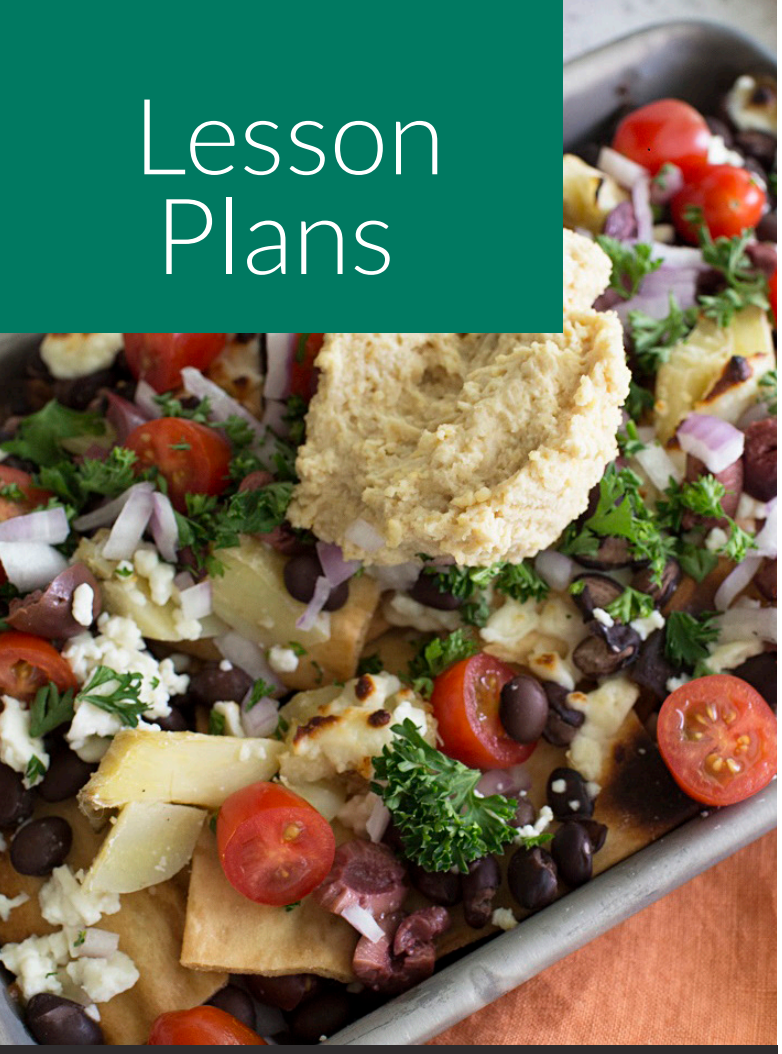
Pulses Resources

In addition to the following guide, we invite you to peruse **usapulses.org/tips** for free, simple-to-use resources and handouts, cooking ideas, health and nutrition facts and more!

- Delicious Recipes
- Downloadable Resources and Handouts
- Stickers & Posters
- Cooking Tips
- Nutrition Facts

Up next? Lesson plans with helpful information and recipe ideas to share with pulse recipients at food banks!

Lesson Plans



Heart Health

MENU

- KEY MESSAGES
- 7 TIPS FOR ENJOYING A HEART-HEALTHY MEDITERRANEAN DIET
- RECIPE: PASTA WITH CHICKPEAS AND SHRIMP
- RECIPE DEMONSTRATION GUIDE
- SOCIAL MEDIA MESSAGING + HASHTAGS
- SHARABLE GRAPHICS
- RECOMMENDED HANDOUTS

LEADERS NOTE: depending on time this can be shortened to 3 or 5 tips.

7 Tips to Get Heart Smart

KEY MESSAGES

- According to the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death in America and affects people of all ages and backgrounds.
- The Mediterranean diet is a heart-healthy eating plan. It emphasizes a variety of fruits and vegetables, whole grains, low-fat dairy, nuts and legumes, poultry, and seafood.
- This dietary pattern also focuses on using healthful plant oils like canola or olive oil in place of some or all butter, lard, and other animal fats.
- Pulses—beans, chickpeas, lentils, and split peas—are a heart-healthy, versatile superfood! They are a key part of the Mediterranean Diet, and include heart-health promoting nutrients like potassium and soluble fiber.
- Research shows that regularly eating pulses can lower blood cholesterol, reduce blood pressure, and help to maintain a healthy body weight and ultimately, a healthy heart.
- Remember to talk with your doctor/healthcare team before making changes to your food and beverage choices.

#1: Choose Fiber-Rich Foods

Fiber works hard to help your health in many ways, especially your heart and your digestive system. **Did you know that there are two kinds of fiber (soluble and insoluble), and that pulses have them both?**

#2: Reduce Salt With Herbs & Spices

Pulses prepared from their dry form have little-to-no sodium. Draining and rinsing canned pulses can cut sodium up to 40%.

#3: Eat Plant-Forward

Eat your fruits and veggies! Visualize MyPlate to eat "Plant-forward". Creating meals with a variety of plant-based foods from different food groups (think fruits, vegetables, pulses, grains, nuts and seeds)—with a moderate amount of meat, seafood, or dairy, if you choose—helps you create nutrient-rich, flavorful meals.

#4: Build Balanced Meals with Pulses + Grains

Did you know that pulses and whole grains are both plant-based sources of protein? There are 20 amino acids, and 9 of them are essential, meaning the body cannot make them. Most plant-based proteins lack one or more of the essential amino acids, but when two or more plant-based proteins are combined, each food can provide the essential amino acid(s) that the complementary food is missing. Grains and pulses are complementary proteins. Beans and rice, anyone?

#5: Look to the Versatile Pulse

Pulses are a versatile superfood! You can add them to lasagna, tacos, casseroles, chilis and more for a budget-friendly way to reduce the amount of meat while maintaining protein and adding fiber. Simply toss a half-cup serving on recipes, the 'pulseabilities' are endless

#6: Cook Meals At Home

Cooking meals at home can help you save money and eat better, and with a little planning, it can save time during the week, too! Pulses can be prepared ahead of time and freeze/reheat easily on busy days. Stock up on these nutritious options that store well when they are on sale so you are ready, even on the busiest days, to make a quick, easy, heart-healthy meal.

RECIPE

Greek Lentil Frittata

This frittata uses traditional Greek flavors and ingredients to create a deliciously simple recipe. Pair it with fresh fruit or a simple salad for a filling brunch!

PREP TIME: 15min.
COOK TIME: 15 min.
MAKES: 1 frittata (4 servings)

INGREDIENTS

- ½ cup cherry tomatoes, halved
- ½ cup lentils, brown or green; cooked
- ¼ cup red onion, diced
- ¼ cup olives, sliced
- 1 ounce feta cheese, crumbled; plus extra for serving
- 4 tablespoon fresh parsley, minced, divided
- ½ tablespoon olive oil
- 8 large eggs
- ½ whole milk
- ½ teaspoon salt
- ½ teaspoon black pepper

DIRECTIONS

1. In a large bowl, toss together cherry tomatoes, cooked lentils, red onion, olives, feta, and 2 tablespoons parsley.
2. Preheat oven to 400˚ and heat an 8" oven-proof or cast-iron skillet over medium-low heat. Add and heat olive oil. Whisk together eggs, milk, salt, and pepper and pour into heated skillet. Cook for 5-6 minutes until bottom is set.
3. Sprinkle tomato mixture over/into the frittata. Transfer to the oven and bake for another 15-18 minutes until puffed up, doesn't jiggle, and is slightly browning. Remove and let cool slightly before serving. Sprinkle with remaining fresh parsley and enjoy!

NUTRIENTS PER SERVING (4 SERVINGS)

Calories **245** | Total Fat **15g** | Saturated Fat **5g** | Trans Fat **0g** | Cholesterol **381mg** | Sodium **578mg** | Total Carbohydrates **10g** | Dietary Fiber **1.5g** | Sugars **3.5g** | Protein **17g** | Vitamin D **2.5mcg** | Calcium **138mg** | Iron **3mg** | Potassium **347mg**

RECIPE DEMONSTRATION GUIDE: GREEK LENTIL FRITTATA

NOTES

- Feel free to use canned or precooked dried lentils, depending on convenience.
- To cook dry lentils, measure ½ cup dry lentils and rinse with a fine-mesh sieve until water runs clear. Combine rinsed lentils with one cup of water in a medium pot. Bring to a rapid boil, reduce heat to a low simmer, and cook uncovered for 20-30 minutes, or until lentils are soft and tender. Drain excess water from lentils and store in a glass container for up to one week.
- If using canned lentils, drain and rinse before using.
- To make this recipe dairy-free, use a dairy-free feta cheese variety and substitute unsweetened almond milk for whole milk.
- Feel free to swap the fresh parsley for other fresh herbs that you may have. Fresh basil, thyme, or cilantro are delicious substitutions for parsley.
- Serve this dish warmed, at room temperature, or cold.
- Leftover frittata will keep refrigerated for up to a week.
- Make it a meal! Add a simple green salad alongside this frittata for a balanced, wholesome lunch or dinner.

SHOPPING LIST

STAPLES
Dried or Canned Lentils (brown or green)
Olive Oil

REFRIGERATED
Eggs
Whole Milk
Feta Cheese
Olives

PRODUCE
Cherry Tomatoes
Red Onion
Parsley

SUPPLIES

- Cutting board and sharp knife for chopping ingredients
- Large bowl for mixing filling ingredients
- Measuring cups for vegetables
- Glass measuring cup for milk
- Measuring spoons for olive oil
- Can opener for opening canned lentils
- Whisk for mixing eggs
- 8-inch oven-proof skillet or cast-iron skillet to bake frittata
- Oven mitts to remove hot dish from oven
- Knife for slicing frittata
- Spatula for serving frittata
- Paper plates, forks, and napkins for samples

SUGGESTED DEMO FORMAT AND TALKING POINTS

1. Preheat oven.
2. Chop filling ingredients for frittata (cherry tomatoes, red onion, olives, and parsley).
3. Drain and rinse canned lentils.
4. Whisk together eggs, milk, salt, and black pepper.
5. Heat skillet over medium heat. Add olive oil. Add egg mixture to hot skillet and place in oven to cook for 5-6 minutes. Carefully remove from oven and add filling ingredients.
6. Bake frittata and discuss lentil choices and nutrition benefits.
7. Remove from oven and garnish with fresh parsley.

DISCUSS CONVENIENCE AND DIFFERENCES OF CANNED VS. DRY LENTILS.

- This recipe can be made with either canned lentils or dry lentils. The dry lentils do not need to be soaked ahead of time, but do need to be rinsed and cooked before cooking.
- I'm using canned lentils because they are so convenient, especially in a recipe like this that can help you get dinner on the table in less than 30 minutes.
- Sodium in canned lentils varies by brand. Compare and choose low-sodium canned lentils if desired.
- Draining and rinsing canned lentils can remove much of the added sodium .

TALK ABOUT LENTIL CHOICES AND NUTRITION BENEFITS WHILE FRITTATA IS COOKING.

- You can use either brown or green lentils for this recipe. Both lentil varieties hold their shape well once cooked, unlike red lentils which have a soft, mushy texture when cooked.
- Lentils are highly nutritious and contain protein, iron, B vitamins, magnesium, zinc, and potassium.
- Lentils are a good source of fiber, which helps to support digestive regularity and may support heart health.

RECIPE

White Bean Salad

This is an incredibly easy salad recipe that can be prepared in as little as 10 minutes. Pair it with a side of whole grain toast for a satisfying plant-forward meal.

PREP TIME: 5 min.
COOK TIME: 5 min.
MAKES: 4 servings

INGREDIENTS

1 cucumber
2 tomatoes
½ red onion
1 (15-ounce) can white beans, rinsed and drained
2 tablespoons olive oil
Salt and pepper

DIRECTIONS

1. Chop the cucumber, and tomato into ½ inch pieces and dice the red onion. Combine in a large bowl.
2. Add the drained beans to the bowl and drizzle with olive oil.
3. Toss gently to combine.
4. Season with salt and pepper to taste.
5. Serve and enjoy!

NUTRIENTS PER SERVING (4 SERVINGS)

Calories **200** | Total Fat **7g** | Saturated Fat **1g** | Trans Fat **0g** | Cholesterol **0mg** | Sodium **340mg** | Total Carbohydrates **27g** | Dietary Fiber **6g** | Sugars **4g** | Protein **8g** | Vitamin D **0mcg** | Calcium **92mg** | Iron **3mg** | Potassium **758mg**

RECIPE DEMONSTRATION GUIDE: WHITE BEAN SALAD

NOTES

- Rinse and drain canned white beans before use.
- Add fresh herbs for an extra pop of flavor and nutrients! One to two tablespoons of freshly chopped basil, parsley, or oregano would work well.
- Substitute 1 cup halved cherry tomatoes instead of two regular sized tomatoes, if desired.
- Go Greek! Add in 2 tablespoons feta cheese for a salty, tangy bite.

SHOPPING LIST

STAPLES

Canned white beans

Olive oil

PRODUCE

Cucumber

Tomatoes

Red Onion

SUPPLIES

- Large salad bowl
- Large wooden spoon
- Knife and cutting board for chopping vegetables
- Can opener to open beans
- Fine mesh strainer to rinse beans
- Utility bowl for draining beans if no sink is available
- Measuring spoons for olive oil
- Paper plates, forks, and napkins for samples

SUGGESTED DEMO FORMAT AND TALKING POINTS

1. Drain and rinse beans, discuss difference and convenience of canned vs. dry beans.
2. Slice salad ingredients, discuss nutritional benefits of white beans.
3. Combine in a bowl and serve.

DISCUSS CONVENIENCE AND DIFFERENCES OF CANNED VS. DRY BEANS.

- Sodium in canned beans varies by brand. Compare and choose low-sodium if desired.
- Draining and rinsing can remove up to 40% of the added sodium.
- Draining and rinsing beans has another benefit. The beans look “cleaner” and look better in salads.
- It’s not necessary to rinse canned beans for chilis or stews, but draining and rinsing does slightly reduce the sodium in the final dish.
- What is the thick liquid in canned beans? It’s the canning liquid, which is water, sodium and some of the starch from the beans.

TALK ABOUT THE NUTRITIONAL BENEFITS OF WHITE BEANS.

- White beans are one of the many varieties of common beans domesticated in North and South America.
- There are several types of white beans, though the most common are cannellini beans and great northern beans.
- White beans are packed with nutrients including fiber and protein.
- They’re also a good source of copper, folate, iron, potassium, zinc, magnesium, calcium, and B vitamins.

INGREDIENT PREP TO DO WHILE TALKING:

- Drain and rinse beans.
- Chop vegetables.

Eating Well, Saving Money

MENU

- KEY MESSAGES
- 7 TIPS TO EAT WELL, SAVE MORE
- RECIPE DEMONSTRATION GUIDE
- RECIPE CARD
- SOCIAL MEDIA MESSAGING + HASHTAGS
- SHARABLE GRAPHICS
- RECOMMENDED HANDOUTS

LEADERS NOTE: depending on time this can be shortened to 3 or 5 tips.

7 Tips for Eating Well, Saving More

7 Tips for Eating Well, Saving More was developed exclusively for food bank professionals and supermarket registered dietitians for educational events and media to help clients and shoppers learn how to buy, plan, and enjoy balanced meals on a budget. This leader's guide includes key culinary and nutrition messages that will appeal to audiences in person and online, including seven tips to eat well and save more, an easy, delicious cost- and time-saving recipe with demonstration guide, social media posts with complementary graphics and suggested participant handouts.

KEY MESSAGES

- There are simple things you can do every day at the grocery store and in your kitchen to help you save time and money while eating well.
- **Pulses (think beans, chickpeas, lentils and split peas)** are a delicious, cost-effective part of a healthy, plant-forward diet and a source of plant-based protein.
- Pulses are low-cost, versatile superfoods. They are rich in key nutrients, grown and eaten all over the world, and pair well with many flavor profiles.

7 TIPS FOR EATING WELL, SAVING MORE

We all want to eat well, but healthy eating on a budget can be challenging. A healthful diet includes a wide variety of foods including fruits, vegetables, whole grains, low-fat dairy, lean meats, pulses, nuts, seeds and healthful oils. Here are 7 simple tips for enjoying a wide variety of delicious, healthful foods while saving money.

#1: Go Plant-Forward With Your Protein

Eating pulses is not only good for your health, it's good for your wealth. A half-cup serving of pinto beans or lentils costs fifteen times less than a 3-ounce serving of ground beef. When you're at the grocery store, stock up on pulses in both dry and canned form. Both forms are shelf-stable ingredients that can last for months if stored in your pantry or kitchen cabinet.

#2: Build Healthful Meals With Pulses + Grains

Pulses and whole grains are both plant-based sources of protein and key components of a healthy diet. Proteins are created from twenty different amino acid building blocks; nine of which cannot be produced by the body and are called "essential." Most plant-based proteins lack one or more of the essential amino acids, but when two or more plant-based sources of protein are combined, each food can provide the essential amino acid(s) that the complementary food(s) is missing. Grains and pulses are complementary proteins. Therefore when you eat the two together, you get a complete protein or all nine essential amino acids. Beans and rice, anyone?

#3: Build Your Pantry

While some staple pantry items like olive oil, vinegars, and spices may be expensive, they last a long time and using just a little bit makes a recipe go a long way! Also having a full stock of cooking and baking essentials, as well as dried pastas, grains, and pulses, provides countless opportunities to make homemade, healthful, cost-saving meals every day of the week.

#4: Buy in Bulk, When You Can

Buying ingredients in large quantities usually brings the cost per serving down. Buying healthful, shelf-stable ingredients in bulk is a great way to save money, but make sure you're choosing ingredients that are versatile. Pulses are an incredibly versatile superfood, plus they're awesomely affordable. You can boost nutrition and cut cost by replacing half your meat in tacos, casseroles, meatloaf or meatballs with pulses. Add pulses to dips or smoothies, or bake brownies or breads with pulse flours. The *"pulsabilities"* are endless.

#5: Shop Seasonally

An aromatic, juicy peach. Sweet, tender corn on the cob. The flavors of seasonal fruits and vegetables are a joy to savor. Eating foods in the season that they are harvested not only provides exceptional flavor, it also makes incredible flavors more affordable. Pulses are always affordable and always in season. Why? Because they are allowed to dry in the pod before being harvested, they can be stored safely for years. Pulses can enhance the flavor and nutrition of your favorite seasonal foods all year long!

#6: Savor the Flavor and Savings of Frozen and Canned

We often hear that fresh is best, but that simply isn't true. There are many fruits and vegetables that can be just as healthy and often more flavorful in their frozen or canned form. Frozen and canned foods last a lot longer than fresh and are less likely to spoil.

Also, saving time can sometimes be just as valuable as saving money. A chicken breast takes 15 minutes to cook. How long does it take to open a can of chickpeas? Less than 15 seconds!

#7: Honor the Harvest

Throwing away food is just like throwing away money. Before you grocery shop, make sure you have a plan. Inventory what you already have (especially in the refrigerator), plan your meals for the week, and make a list of what you need to buy. Remember, farmers work hard to grow food for us. Honor the harvest by working to reduce food waste.

RECIPE

PROTEIN POWER EGG & BEAN BAKE

Eggs are well known for their protein, but when you combine them with fiber-rich black beans and quinoa, the overall nutrient content of this dish is impressive. This is an easy dish to make and it reheats well. You can serve it for breakfast, lunch, or dinner. Pair it with fruit for a complete meal any time of day.

PREP TIME: 15 min.
BAKE TIME: 35 min.
MAKES: 12 (3x3.25-inch) servings

INGREDIENTS

- ½ cup quinoa (uncooked)*
- 1 cup water
- 1 (15-ounce) can black beans, drained and rinsed
- 1 large red bell pepper, diced
- ¼ cup thinly sliced green onion (~ 2 green onions)
- 1 ½ cups (6-ounce) shredded cheddar cheese
- ⅓ cup all-purpose flour
- 1 cup 2% milk
- 4 eggs
- 1 (4 -ounce) can fire-roasted diced green chiles
- 1 teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- ¼ teaspoon salt

DIRECTIONS

1. Combine quinoa and water in a 2-3 quart-size saucepan. Bring to a boil. Reduce heat to low; cover and simmer 15 minutes or until water is absorbed. Remove from heat.
2. Preheat oven to 350°F. Coat a 9x13-inch baking dish with cooking spray.
3. Place quinoa and black beans in dish; Stir to combine then press evenly into dish.
4. Sprinkle bell pepper and green onion over beans and quinoa. Sprinkle with cheese.
5. Place flour in a 4-cup measuring cup or bowl. Gradually whisk in milk until smooth. Whisk in eggs, chiles, cumin, cayenne and salt. Pour evenly into dish.
6. Bake 35 minutes or until center is set. Let cool 10 minutes. Cut into squares to serve.

NUTRIENTS PER SERVING (12 SERVINGS) — SIZE: 1 SQUARE

Calories **170** | Total Fat **7g** | Saturated Fat **3.5g** | Trans Fat **0g** | Cholesterol 8**0mg** | Sodium **250mg** | Total Carbohydrates **16g** | Dietary Fiber **3.5g** | Sugars **2g** | Protein **10g** | Vitamin D **0.62mcg** | Calcium **160mg** | Iron **1.6mg** | Potassium **270mg**

* Don't have quinoa? You can use rice or pasta.

RECIPE DEMONSTRATION GUIDE: PROTEIN POWER EGG & BEAN BAKE

NOTES

- Quinoa can be cooked in advance and refrigerated.
- This recipe was developed with regular, not low-sodium black beans.
- Egg bake squares hold together better as the dish cools.
- This dish can be served warm, cold, or room temperature.
- Serving suggestion: place squares over lightly dressed greens.
- If you wish to provide samples of this dish, cut into 24 (2.25" x 2") pieces.

SHOPPING LIST

STAPLES

2 (15-ounce) cans black beans (not low-sodium unless required)

1 package quinoa, rice or pasta

1 pound all-purpose flour

1 jar ground cumin

1 jar cayenne pepper

Salt

2 (4-ounces) cans fire roasted diced green chiles

PRODUCE

1 large red bell pepper

1 bunch green onions

DAIRY

1 dozen eggs

1 pint or quart 2% milk

12 ounces shredded medium or sharp cheddar cheese

SUPPLIES

- Cutting board
- Chef's knife
- 2-3 quart saucepan with lid
- Colander
- Bowl to set colander over for draining beans if sink is not available
- Can opener
- Whisk
- Silicon spatula
- Offset or pancake spatula (for serving)
- 1-cup liquid measuring cup
- 4-cup liquid measuring cup or medium bowl preferably with lip
- 1/3 cup dry measuring cup
- 9x13-inch baking dish, preferably Pyrex or ceramic for appearance
- 1 can non-stick cooking spray
- Paper plates, forks, napkins for samples

SUGGESTED DEMO FORMAT AND TALKING POINTS

1. Cook quinoa (or cook in advance).
2. Drain and rinse beans.
3. Press beans and quinoa into spray-coated baking dish.
4. Dice bell pepper and green onion.
5. Spread bell pepper, green onion and cheese in pan.
6. Whisk egg mixture; pour into pan.
7. Bake if oven available at demo or have pre-baked recipe for sampling.

DISCUSS CONVENIENCE AND DIFFERENCES OF CANNED VS. DRY BEANS.

- Sodium in canned beans varies by brand. Compare and choose low-sodium if desired.
- Draining and rinsing can remove up to 40% of the added sodium.
- It's not necessary to rinse canned beans for chilis, stews or an egg bake like this, but draining and rinsing does slightly reduce the sodium in the final dish.
- What is the thick liquid in canned beans? It's the canning liquid, which is water, sodium and some of the starch from the beans.

TALK ABOUT QUINOA AND PULSES.

- Quinoa is a whole grain product. While not a "high protein" food, quinoa does contain higher amounts of protein compared to other grains.
- Pulses like black beans, lentils, chickpeas, and split peas are good sources of plant-based protein. They are also rich in fiber.
- Quinoa cooks quickly for a whole grain, in less than 15 minutes.
- Quinoa is a gluten-free whole grain.
- To make this a gluten-free ingredient, omit the all-purpose flour. You can use finely ground corn meal or quinoa flour in its place.

INGREDIENT PREP TO DO WHILE TALKING:

- Dice red bell pepper; you can also use green bell.
- Slice green onion; use all the white and green parts.

TALKING POINTS WHILE MAKING THE EGG MIXTURE:

- Show whisking milk into flour; discuss whisking slowly to prevent lumps of flour.

Social Media Messaging + Hashtags

Sharing 7 simple tips to eat well + save money today. BONUS: Try a delicious, low cost **#protein** power egg bake. **#lovepulses #halfcuphabit**

#Pulses (beans, peas, chickpeas & lentils) are a key part of a #**plantforward** diet + a source of **#plantbased #protein #halfcuphabit**

A 1/2 cup of pinto **#beans** or **#lentils** costs 15X less than a 3-ounce serving of ground beef. **#halfcuphabit #lovepulses**

Sharable Graphics

- *"7 Tips to Eat Well, Save More"*
- *"Eat Well Save More With Pulses"* **#plantforward**

Recommended Handouts

24 *10 Tips to Putting More Pulses in Your Diet*

26 *10 Tips to Eat a Plant-Forward Diet*

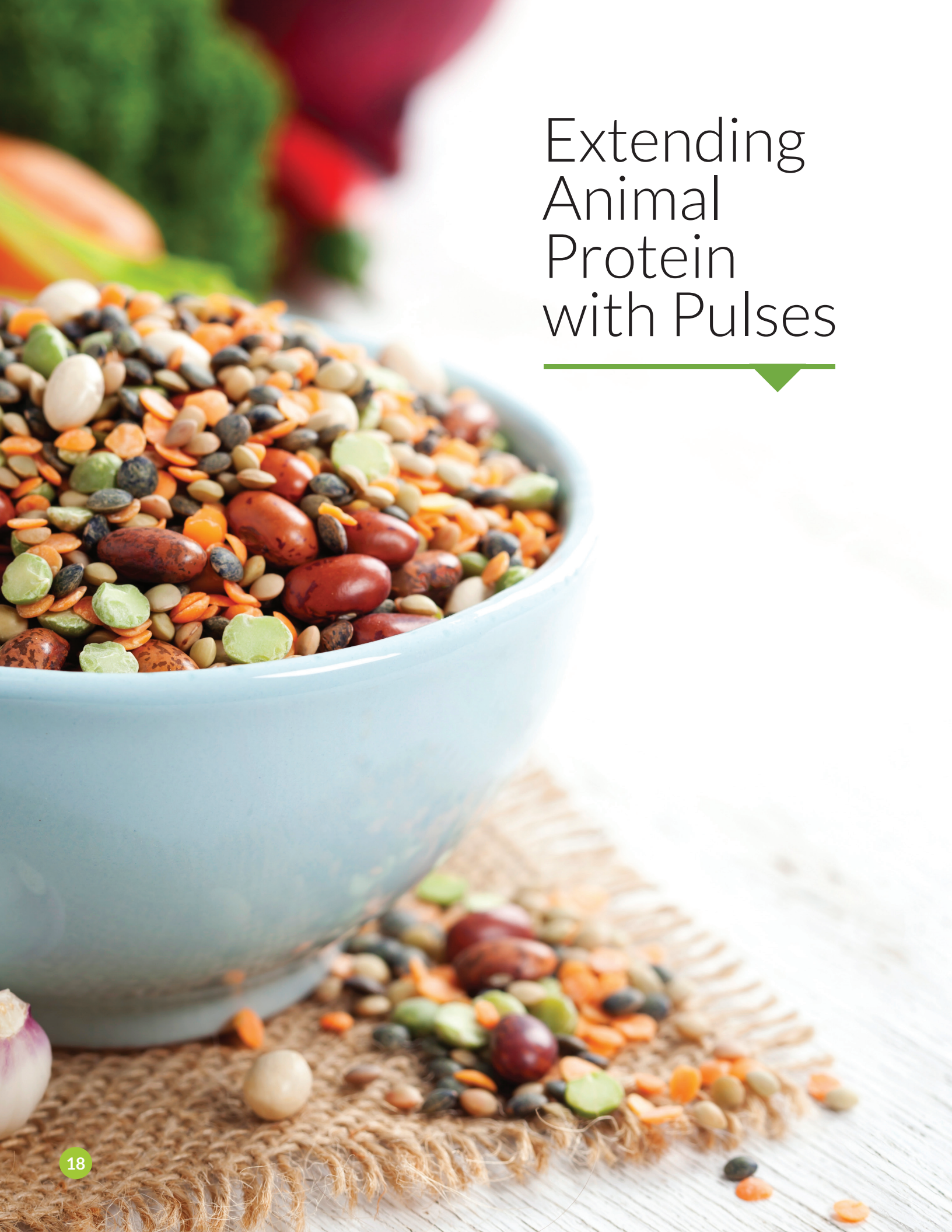
30 *Pulse-Powered Menus for Plant-Loving People*

32 *All the Places You'll Find Pulses*

36 *The Incredible, Versatile Pulse*

34 *Eating Well, Saving More*

Create your own tweetable tips for your audiences at your next cooking demo or media event! In addition to these #DYK points, additional suggested points for sharing are in bold font throughout the entire booklet!



Extending Animal Protein with Pulses

Make Food Dollars Go Further with Pulses

Combining protein-rich pulses like beans, dry peas, lentils, and chickpeas with favorite proteins like meat, poultry, and seafood can help keep food budgets on track. Try these tips for combining animal protein foods with pulses for a flavorful nutrition boost that is easy on the budget.

Cheer for Chili

Double the amount of beef-based chili you make without doubling the cost by adding in pinto beans, kidney beans or black beans. This adds flavor, texture, and a budget-friendly protein boost that pairs well with beef.

Try a Little Tenderloin

Pork tenderloin is a super lean cut of meat. Cube it, sear it in oil, and then cook it the oven or a slow cooker with beans or lentils, canned tomatoes, and some oregano or thyme for a savory supper to serve over mashed potatoes or rice.

Chickpeas Love Chicken

You can add chickpeas to nearly any chicken dish from curries and chilis to chowders and casseroles. Adding drained, rinsed chickpeas to a ready-to-eat chicken salad from the deli. It's a great way to boost nutrition and extend the servings in a salad most people love.

Loaf Around with Lentils

The next time you make meatloaf add in lentils. They help keep the meatloaf moist, and they add important nutrients like additional protein (from plants!) and fiber.

Meatball Madness

Whether you make your meatballs with beef, pork, or a combination of the two, add in mashed lentils or beans. You'll make more meatballs, and they'll be moister, juicier, and more nutrient rich, too.

Smart Seafood Strategies

Canned tuna plus chickpeas with a little mayo and relish makes an awesome tuna sandwich. Create more budget-friendly nutrient-rich servings per meal by mixing canned salmon with mashed chickpeas or lentils and breadcrumbs to make delicious salmon burgers. Combining canned shrimp, tartar sauce, and chickpeas is another way to stretch your seafood dollar.

Ham's Humble Helper

Dry peas love to hang out with ham. The most classic pairing is adding diced ham to a split pea soup. The ham adds appealing flavor, and the peas contribute impressive amounts of plant-based protein, fiber, potassium, and more!

Extending Extraordinary Eggs

Eggs work well with any pulse. Add beans to omelets, pureed chickpeas to deviled egg filling, and lentils to breakfast casseroles. Whole chickpeas are a great addition to egg salad. Here's one more "egg-cellent" idea: Make burger patties with beans, lentils, chickpeas, or dry peas and use eggs as the binder to keep it all together as they cook.

RECIPE

Buffalo Chicken & Chickpea Sloppy Joes

If you love buffalo wings, this is the recipe for you! It's easy to make and it's got that great buffalo wing flavor. It's also super versatile; you can eat it like a sloppy joe on a bun, you can mix it with pasta, or you can eat as a dip with celery sticks for dipping.

PREP TIME: 5 min.
BAKE TIME: 25 min.
MAKES: 5 cups (10-½ cup servings)

INGREDIENTS

1 pound ground chicken
1 large white or yellow onion, ends trimmed, peeled, and diced (about 2 cups)
1 14.5-ounce can petite diced tomatoes in juice
1 15-ounce can chickpeas, drained, rinsed, and mashed
8 ounces light cream cheese (Neufchatel)
½ cup Frank's RedHot® Sauce
1 stalk celery, very thinly sliced (optional)
Hamburger buns

DIRECTIONS

1. Place ground chicken in a large skillet or sauté pan over medium-high heat. Cook for 5 minutes, stirring occasionally to break up the chicken.
2. Add the onions and diced tomatoes (including the juice), cover the pan, reduce heat to medium, and cook for another 10 minutes, stirring occasionally.
3. Reduce heat to low, add the mashed chickpeas, cream cheese, and Frank's RedHot® sauce. Cover and simmer for 10 minutes.
4. Spoon onto hamburger buns and serve. Top each sloppy joe with sliced celery, if desired.

NUTRIENTS PER SERVING (10 SERVINGS) — SIZE: ½ CUP

Calories **180** | Total Fat **10g** | Saturated Fat **4g** | Trans Fat **0g** | Cholesterol **55mg** | Sodium **520mg** | Total Carbohydrates **11g** | Dietary Fiber **3g** | Sugars **5g** | Protein **13g** | Vitamin D **0mcg** | Calcium **60mg** | Iron **1.15mg** | Potassium **495mg**

Note this analysis does not include the bun.

RECIPE DEMONSTRATION GUIDE: BUFFALO CHICKEN & CHICKPEA SLOPPY JOES

NOTES

- You can do this demo in less than 10 minutes if you brown the chicken, dice the onion, and drain and rinse the chickpeas beforehand.
- If you want to distribute samples of this recipe, the suggested sample size is ¼ of a hamburger bun or offer in mini cups with spoons or a celery stalk. Make a full batch of the recipe prior to beginning your demo. You can keep the sloppy joe mixture warm in a slow cooker set on low heat.
- This recipe will make 40 sample size servings.
- Promotional materials tip: This recipe can be made ahead and stored for 3 days in the refrigerator. It freezes well, too, so you can make a large batch and save some for future meals on busy days.

SHOPPING LIST

STAPLES

14.5-ounce can of petite diced tomatoes
15-ounce can chickpeas
Bottle of Frank's RedHot® Sauce or Frank's Wing Sauce
Hamburger buns
Bottled water, for rinsing canned chickpeas if sink is not available
Paper towels

PRODUCE

1 large white onion
1 stalk celery

DAIRY

8-ounce package light cream cheese (Neufchatel cheese)

MEAT & POULTRY

1 pound ground chicken

INGREDIENT SWAPS/RECIPE VARIATIONS

- Use ground turkey, diced chicken breasts, canned chicken or rotisserie chicken instead of ground chicken.
- Use Frank's Wing Sauce if you want the buffalo flavor without so much heat.
- Use your favorite barbecue sauce instead of Frank's Wing Sauce to make barbecue-style sloppy joes instead of buffalo-style.
- Combine this sloppy joe mixture with a one-pound package or box of cooked pasta, like elbow macaroni or rigatoni, to make a buffalo chicken and chickpea pasta.

SUPPLIES

- Cutting Bucket with warm, soapy water for washing hands, if sink & soap are not available
- Cutting board
- Chef's knife
- 12" skillet or sauté pan with lid or electric skillet if stove or hotplate is not available
- Extension cord for electric skillet or hot plate if stove is not available
- Plastic spatula or wooden spoon
- Colander
- Bowl to set colander over for draining chickpeas if sink is not available
- Bowl for mashing chickpeas
- Fork or potato masher for mashing chickpeas
- Can opener
- ½ cup measuring cup
- Paper plates, plastic forks, napkins for serving samples
- Paper towels

PRE-COOKED OR PREPPED ITEMS

- Full batch of the sloppy joes for sampling
- Pre-cooked ground chicken
- Diced onion
- Drained and rinsed chickpeas

SUGGESTED DEMO FORMAT AND TALKING POINTS

1. Introduce yourself.
2. Introduce the recipe to your audience. Talk about why you love this recipe; enthusiastically discussing how much you like making and eating it will inspire your audience.
3. Wash your hands and talk about importance of washing hands before preparing food.
4. Add cooked ground chicken to the skillet, talking about importance of washing hands after adding raw chicken to a skillet. Explain that chicken will need to cook for at least five minutes before adding additional ingredients, but that you're using pre-cooked ground chicken to save time during this demo. Consider using a food thermometer and mentioning proper cooking temperatures depending on length of demo.
5. Demonstrate how to trim ends, remove peel, and dice an onion. If you have a pre-diced onion, you only need to show a few cuts versus dicing the entire onion. Talk about the importance of two separate cutting boards for raw meats and poultry and produce and washing hands/cleaning as you go.
6. Add the onion to the ground chicken and stir, talking about the wonderful flavor onions add to savory dishes like this and that as onions cook, they get sweeter and almost melt into the dish.
7. Demonstrate how to drain and rinse canned chickpeas, explaining how draining and rinsing canned chickpeas and beans can remove about one-third of the sodium.
8. Demonstrate how to mash the chickpeas with a fork or potato masher.
9. Add the drained, rinsed chickpeas, diced tomatoes, and cream cheese to the chicken-onion mixture. Talk about the protein, potassium, and fiber content the chickpeas add to any dish. They are a sustainable protein source loaded with nutrition and health benefits! Talk about how plant-proteins, like chickpeas, stretch more expensive animal proteins, like chicken, to reduce food costs.
10. Talk about how the heat in this dish can be tamed by using Frank's Wing Sauce in place of the RedHot® Sauce. You'll still get that craveable buffalo flavor but with less heat.
11. Add the RedHot® or Wing sauce and stir.
12. While the mixture continues to cook, talk about the various ingredient substitutions that can be made, such as:
    a. Use ground turkey, chicken breast cut into small pieces, canned chicken or rotisserie chicken can be used instead of ground chicken.
    b. You can use Frank's Wing Sauce if you want the buffalo flavor without so much heat.
    c. Use your favorite barbecue sauce instead of Frank's Wing Sauce to make barbecue-style sloppy joes instead of buffalo-style.
    d. You can combine this sloppy joe mixture with a one-pound package or box of cooked pasta, like elbow macaroni or rigatoni, to make a buffalo chicken and chickpea pasta.
13. Demonstrate how to thinly slice celery for the optional garnish on the sloppy joes. Mention that the sloppy joe mixture would also be a great dip for celery sticks.
14. Demonstrate how to place ½ cup of filling on the bottom half of hamburger bun, top with sliced celery, add top bun, and serve.
15. Mention that each ½ cup serving (not the smaller samples provided today) contains 180 calories, 11 grams of protein, and a good source of dietary fiber and potassium, a mineral that helps maintain healthy blood pressure levels.
16. Mention the recipe cost and that using plant-based proteins, like chickpeas, is a great way to stretch food dollars.
17. Finally, discuss how leftovers can be safely stored in an airtight, covered container in the refrigerator for three days. If leftovers need to be stored for a longer time, freeze them. Always thaw leftovers in the refrigerator, not on the countertop.
18. Take pictures before, during, and after demo as appropriate.
19. Consider using appropriate established hashtags along with **#foodsafety #nomnom** and **#recipe** when promoting demo in social media. See toolkit for more tips on social media.

RECIPE

Beefy Bean Taco Filling

This is an easy, versatile recipe that can be used for tacos, taco salads, or burritos. You can also combine this with cooked pasta and top with your favorite grated cheese for a complete, one-pot meal. It can be stored in a covered container in the refrigerator for 3-4 days, and it reheats well in the microwave.

PREP TIME: 5 min.
BAKE TIME: 25 min.
MAKES: 5 cups (10-½ cup servings)

INGREDIENTS

1 pound ground beef, 80% lean

1 large white or yellow onion, ends trimmed, peeled, and diced (about 2 cups; frozen pre-diced onion can be used instead; be sure to thaw first)

2 cups cooked pinto beans or 1 15-ounce can pinto beans, drained and rinsed

1 15-ounce can petite diced tomatoes

½ cup tap water

1 packet taco seasoning mix

Corn or flour tortillas

Taco toppings like shredded lettuce, shredded cheese, sour cream, etc.

DIRECTIONS

1. Place ground beef in a skillet over medium high heat. Break up ground beef so it is evenly distributed in the bottom of the skillet. Cook, stirring occasionally, for 5-6 minutes or until all the beef is fully cooked and no longer pink.
2. Reduce heat to medium, add the diced onions, and cook, stirring occasionally, for 10 minutes or until the onions are soft and translucent.
3. Add pinto beans, tomatoes and their canning liquid, tap water, and taco seasoning mix. Cook for another 10 minutes.

NUTRIENTS PER SERVING (10 SERVINGS) — SIZE: ½ CUP

Calories **195** | Total Fat **9g** | Saturated Fat **3.5g** | Trans Fat **0g** | Cholesterol **35mg** | Sodium **320mg** | Total Carbohydrates **16g** | Dietary Fiber **5g** | Sugars **3g** | Protein **12g** | Vitamin D **0.045mcg** | Calcium **38mg** | Iron **2mg** | Potassium **350mg**

Note this analysis does not include the tortillas or toppings.

RECIPE DEMONSTRATION GUIDE: BEEFY BEAN TACO FILLING

NOTES

- You can do this demo in less than 10 minutes if you brown the ground beef, dice the onion, and drain and rinse the pinto beans beforehand.
- If you want to distribute samples of this recipe, make a full batch prior to beginning your demo. You can keep the taco filling warm in a slow cooker set on low heat.
- If you use 6-inch flour tortillas for the tacos and cut each in half, this recipe will make 20 sample size servings.
- You could also serve this in mini cups with one bean-based tortilla chip or a quarter of a bell pepper for easy scooping and eating.

SHOPPING LIST

STAPLES

15-ounce can pinto beans or 2 cups cooked pinto beans

14.5-ounce can of petite diced tomatoes

1 packet taco seasoning mix

6-inch corn or flour tortillas

Bottled water, for rinsing canned chickpeas if sink is not available

PRODUCE

1 large white onion

Iceberg lettuce, shredded, for topping the tacos, if desired

DAIRY

Shredded cheese, for topping the tacos, if desired
Sour cream, for topping the tacos, if desired

MEAT & POULTRY

1 pound ground beef

INGREDIENT SWAPS/RECIPE VARIATIONS

- Use ground turkey or chicken instead of beef.
- Use lentils instead of pinto beans.
- Use tomato-based salsa or pico de gallo instead of diced, canned tomatoes.
- Combine this beef and pinto bean taco filling with cooked pasta and top with your favorite grated cheese for a complete, one-pot meal.
- Serve on top of a bed of lettuce in a bowl or taco shell with additional salsa, shredded cheese, sour cream, and/or guacamole as desired.
- Use frozen diced onion or pre-chopped onion from produce department if desired.

SUPPLIES

- Cutting Bucket with warm, soapy water for washing hands, if sink & soap are not available
- Cutting board
- Chef's knife
- 12" skillet or sauté pan with lid or electric skillet if stove or hotplate is not available
- Extension cord for electric skillet or hot plate if stove is not available
- Plastic spatula or wooden spoon
- Colander
- Bowl to set colander over for draining pinto beans if sink is not available
- Can opener
- ½ cup measuring cup
- Paper plates, plastic forks, napkins for serving samples
- Paper towels

PRE-COOKED OR PREPPED ITEMS

- Full batch of the taco filling for sampling
- Pre-cooked ground beef
- Diced onion
- Drained and rinsed pinto beans

SUGGESTED DEMO FORMAT AND TALKING POINTS

1. Introduce yourself.
2. Introduce the recipe to your audience. Talk about why you love this recipe; enthusiastically discussing how much you like making and eating it will inspire your audience. Provide desired hashtag(s) and social media handles as appropriate.
3. Wash your hands and talk about importance of washing hands before preparing food.
4. Add cooked ground beef to the skillet, talking about importance of washing hands after adding raw beef to a skillet. Explain that beef will need to cook for at least five minutes before adding additional ingredients, but that you're using pre-cooked ground beef to save time during this demo.
5. Demonstrate how to trim ends, remove peel, and dice an onion. If you have a pre-diced onion, you only need to show a few cuts versus dicing the entire onion.
6. Add the onion to the ground beef and stir, talking about the wonderful flavor onions add to savory dishes like this and that as onions cook, they get sweeter and almost melt into the dish.
7. Demonstrate how to drain and rinse canned pinto beans, explaining how draining and rinsing canned beans and chickpeas can remove about one-third of the sodium.
8. Add the drained, rinsed pinto beans, diced tomatoes and canning liquid, taco seasoning mix, and water to the beef-onion mixture. Talk about the protein, potassium, and fiber content the pinto beans add to any dish. They are a sustainable protein source loaded with nutrition and health benefits! Talk about how plant-proteins, like pinto beans, stretch more expensive animal proteins, like beef, to reduce food costs.
9. While the mixture continues to cook, talk about the various ingredient substitutions that can be made, such as:
    a. Use ground turkey or chicken instead of beef.
    b. Use lentils instead of pinto beans.
    c. Use 2 cups tomato-based salsa or pico de gallo instead of diced, canned tomatoes.
    d. Combine this mixture with cooked pasta and top with your favorite grated cheese for a complete, one-pot meal.
10. Demonstrate how to place ½ cup of filling in each taco and how to top with desired toppings.
11. Mention that each ½ cup serving of the taco filling (not the smaller samples offered today) provides 195 calories, 12 grams of protein, a good source of iron and potassium, and an excellent source of dietary fiber. The pinto beans provide protein, potassium, iron, and dietary fiber. Potassium is a mineral to helps promote healthy blood pressure levels.
12. Mention the total recipe cost and that using plant-based proteins, like pinto beans, is a great way to stretch food dollars.
13. Finally, discuss how leftovers can be safely stored in an airtight, covered container in the refrigerator for three days. If leftovers need to be stored for a longer time, freeze them. Always thaw leftovers in the refrigerator, not on the countertop.
14. Take pictures before, during, and after demo as appropriate.
15. Consider using appropriate established hashtags along with **#foodsafety #nomnom** and **#recipe** when promoting demo in social media. See toolkit for more tips on social media.

#DYK fun facts

- Taco Tuesday started in 1982 **#TBT** but tacos date back to the 18th century.
- National Taco day is October 4th.
- Beans are a budget friendly way to add additional protein, fiber.
- "Pinto" means painted.
- Interested varying the vegetables that go on your plate? Add beans! They are a budget friendly, delicious, easy-to-make source of protein that pairs well with meat. Adding beans to tacos adds fiber, texture, taste and additional nutrition that we need in as little as half a cup.
- Beans' nutritional profile offers protection against heart disease.
- Interested in antioxidants? Deeper, darker-colored fruits and vegetables have the most nutrition per bite, and this includes pulses.

RECIPE

Super Easy Split Pea & Ham Soup

This is an incredibly easy recipe to make. Combine all ingredients in a stock pot or slow cooker, cook on low for 2 hours on the stove or 6 to 8 hours in the slow cooker, and you've got a satisfying soup sure to soothe your soul.

PREP TIME: 5 min.
BAKE TIME: 2 hrs.
MAKES: 11 cups (11 1-cup servings)

INGREDIENTS

1 pound (2 cups) split green or yellow peas, cleaned and sorted
1 pound ham, diced
1 large white or yellow onion, ends trimmed, peeled, and diced (about 2 cups)
8 cups water
1 tablespoon Italian seasoning
1 teaspoon salt
1 teaspoon black pepper

DIRECTIONS

1. Combine all ingredients in a large soup pot with a lid. Place over low heat and cook for two hours, stirring occasionally.

NUTRIENTS PER SERVING (11 SERVINGS) — SIZE: 1 CUP

Calories **210** | Total Fat **4g** | Saturated Fat **1g** | Trans Fat **0g** | Cholesterol **25mg** | Sodium **800mg** | Total Carbohydrates **25g** | Dietary Fiber **9g** | Sugars **4g** | Protein **18g** | Vitamin D **0.33mcg** | Calcium **25mg** | Iron **2.3mg** | Potassium **500mg**

RECIPE DEMONSTRATION GUIDE: SUPER EASY SPLIT PEA & HAM SOUP

NOTES

- You can do this demo in less than 5 minutes. The hardest part will be dicing the onion.
- If you want to distribute samples of this recipe, make a full batch prior to beginning your demo. You can keep the soup warm in a slow cooker set on low heat.
- This recipe makes 11 1 cup servings. Depending on your audience, you can provide ½ cup samples for 22 sample-size servings, or 1/3 cup for 33 sample-size servings.
- This recipe can be made ahead and frozen for meals later in the week or month.

SHOPPING LIST

STAPLES

Split green or yellow peas
Italian seasoning
Salt
Pepper
Bottled water, for rinsing canned chickpeas if sink is not available

PRODUCE

1 large white onion

MEAT & POULTRY

1 pound ground beef

SUPPLIES

- Bucket with warm, soapy water for washing hands, if sink & soap are not available
- Cutting board
- Chef's knife
- Pie pan or bar pan for demonstrating how to clean and sort split peas
- 2-quart stock pot with lid
- Extension cord for hot plate if stove is not available
- Liquid measuring cup
- 1 cup measuring cup
- Tablespoon measuring spoon
- Teaspoon measuring spoon
- Ladle for serving samples
- Paper cups or bowls, spoons, napkins for serving samples
- Paper towels

SUGGESTED DEMO FORMAT AND TALKING POINTS

1. Introduce yourself.
2. Introduce the recipe to your audience. Talk about why you love this recipe; enthusiastically discussing how much you like making and eating it will inspire your audience.
3. Wash your hands and talk about importance of washing hands before preparing food.
4. Demonstrate how to clean and sort split peas by spreading them out on a pie pan or bar pan noting that these are natural products that come from fields. Sometimes foreign matter (e.g., tiny rocks, clumps of dirt, etc.) may be present; it's a good idea to clean them to make sure you remove any foreign matter before cooking.
5. Demonstrate, if desired, how to trim, peel, and dice the onion.
6. Demonstrate how to cut the ham into small cubes.
7. Add the onion, split peas, ham, seasonings, and water to your stock pot. You can also mention how this soup can be made in a slow cooker set on low. It will need to cook 2 hours on the stovetop but can cook 6 to 8 hours in a slow cooker.
8. Offer samples to your audience members.
9. Mention that each 1 cup serving (not the smaller samples provided today) contains 2100 calories, 18 grams of protein, and is an excellent source of dietary fiber. This soup is also a good source of iron and potassium, a mineral that helps maintain healthy blood pressure levels. The split peas are naturally good sources of plant-based protein, fiber, and potassium. Talk about how plant-proteins, like split peas, stretch more expensive animal proteins, like ham, to reduce food costs.
10. Mention the total recipe cost and explain that using plant-based proteins, like split peas, is a great way to stretch food dollars.
11. Finally, discuss how leftovers can be safely stored in an airtight, covered container in the refrigerator for three days. If leftovers need to be stored for a longer time, freeze them. Always thaw leftovers in the refrigerator, not on the countertop.
12. Take pictures before, during, and after demo as appropriate.
13. Consider using appropriate established hashtags along with **#foodsafety #nomnom** and **#recipe** when promoting demo in social media. See toolkit for more tips on social media.

Additional Resources

Healthy Cooking & Baking Swaps *With* Pulses

PULSES

TACOS

OR: *replace ½ the meat in any recipe*

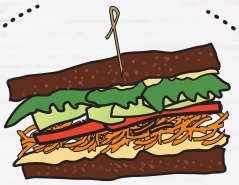
REPLACE: ½ OR ALL SHREDDED PORK

WITH THIS: COOKED PARDINA LENTILS

BENEFITS:
✓*Fewer* **CALORIES** ✓*Less* **FAT** ✓*More* **FIBER**

SANDWICH SPREAD

REPLACE: MAYONNAISE



WITH THIS: HUMMUS

BENEFITS:
✓*Less* **FAT** ✓*More* **FIBER** ✓*More* **PROTEIN**

MUFFINS

OR: *replace ½ the flour called for in any baked goods recipe*

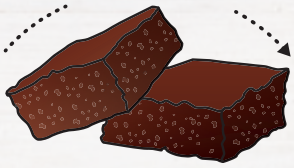
REPLACE: UP TO ½ ALL-PURPOSE FLOUR

WITH THIS: CHICKPEA FLOUR

BENEFITS:
✓*More* **FIBER** ✓*More* **PROTEIN** ✓*More* **FOLATE** ✓*More* **IRON**

BROWNIES

REPLACE: 1 CUP FLOUR



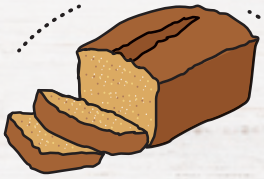
WITH THIS: 1 15oz. CAN BLACK BEANS, PUREED

BENEFITS:
✓*More* **FIBER** ✓*More* **PROTEIN**

BANANA BREAD

OR: *Replace ½ the butter called for in any baked goods recipe*

REPLACE: ½ OR ALL BUTTER

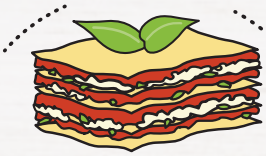


WITH THIS: WHITE BEAN PUREE

BENEFITS:
✓*Fewer* **CALORIES** ✓*Less* **FAT** ✓*More* **FIBER** ✓*More* **PROTEIN**

LASAGNA

REPLACE: ½ OR ALL RICOTTA CHEESE

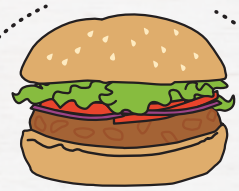


WITH THIS: PUREED CANNELLINI BEANS

BENEFITS:
✓*Fewer* **CALORIES** ✓*Less* **FAT** ✓*More* **FIBER**

BURGERS

REPLACE: ½ OR ALL GROUND BEEF

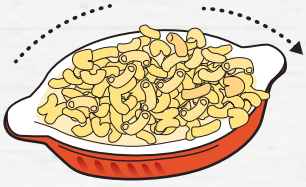


WITH THIS: MASHED PINTO BEANS

BENEFITS:
✓*Fewer* **CALORIES** ✓*Less* **FAT** ✓*Less* **SATURATED FAT** ✓*More* **FIBER**

MAC N' CHEESE

REPLACE: UP TO ½ CHEESE SAUCE



WITH THIS: YELLOW SPLIT PEA PUREE

BENEFITS:
✓*Less* **FAT** ✓*More* **FIBER**

VEGGIE BOWLS

REPLACE: ½ OR ALL QUINOA

WITH THIS: COOKED GREEN LENTILS

BENEFITS:
✓*More* **FIBER** ✓*More* **PROTEIN**

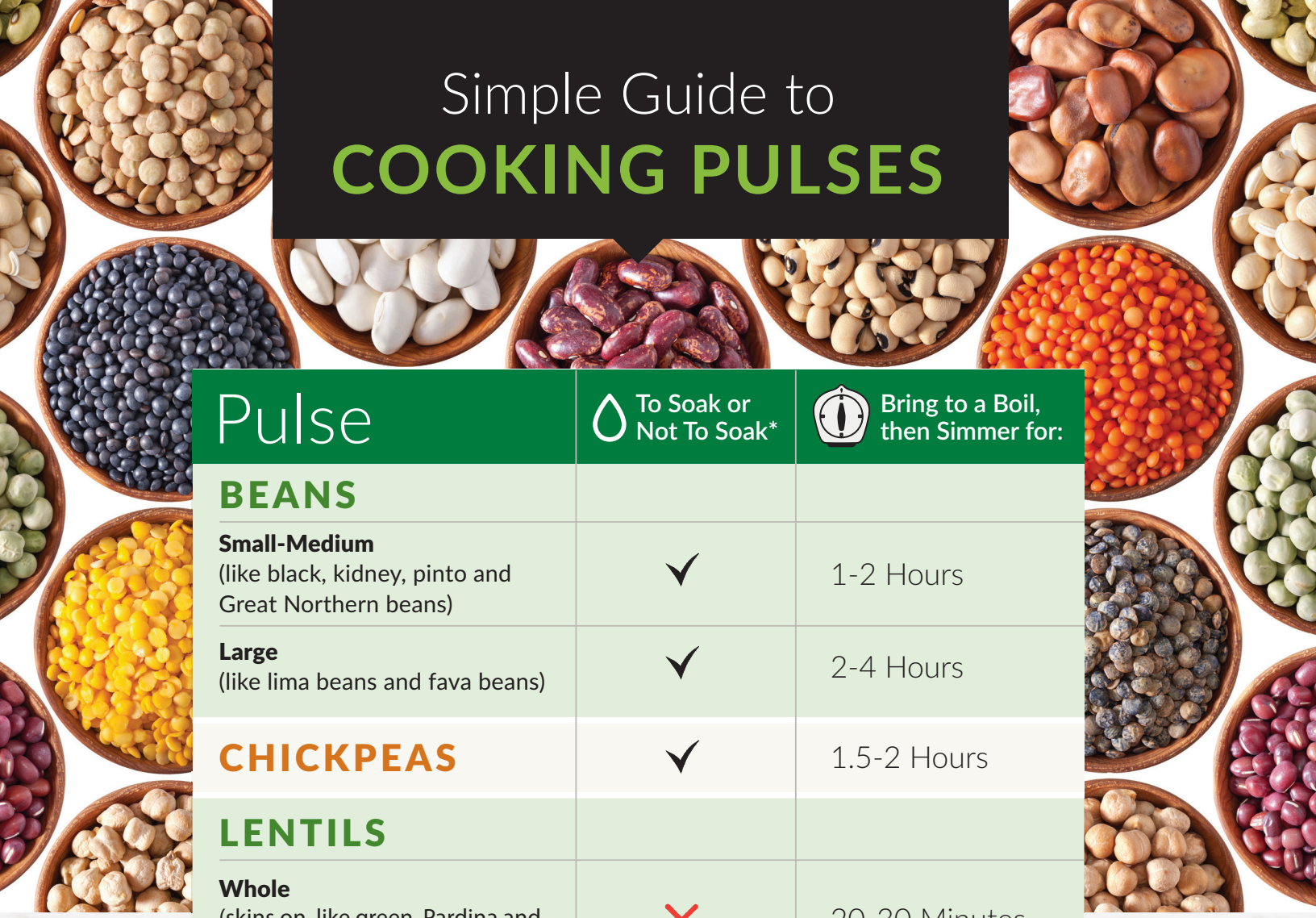
CHOCOLATE CHIP COOKIES

REPLACE: ½ OR ALL OIL

WITH THIS: RED LENTIL PUREE

BENEFITS:
✓*More* **FIBER** ✓*More* **PROTEIN**

Figures sourced from USDA Nutrient Database



Simple Guide to COOKING PULSES

Pulse	To Soak or Not To Soak*	Bring to a Boil, then Simmer for:
BEANS		
Small-Medium (like black, kidney, pinto and Great Northern beans)	✓	1-2 Hours
Large (like lima beans and fava beans)	✓	2-4 Hours
CHICKPEAS	✓	1.5-2 Hours
LENTILS		
Whole (skins on, like green, Pardina and French green lentils)	✗	20-30 Minutes
De-hulled (skins removed, like red split lentils)	✗	5-10 Minutes
PEAS		
Whole	✓	40-45 Minutes
Split	✗	20-30 Minutes

*Soaking pulses for 4-8 hours before cooking is recommended (but not required) to reduce the cooking time and ensure beans, chickpeas and whole dry peas cook evenly. If you opt not to soak, add 1-2 hours of simmering time.

usapulses.org/tips

PULSES

How to Store Pulses

Pulses are one of the world's most nutritious, affordable, shelf-stable food sources!

PANTRY

Dry Pulses

STORE TIME: UP TO 1 YEAR
If stored for longer, pulses may require longer cooking times to soften

Canned Pulses *(Sealed)*

STORE TIME:
SEVERAL YEARS

REFRIGERATOR

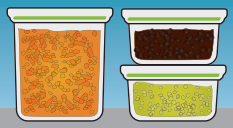
Salads

STORE TIME:
UP TO 3 DAYS
Store in sealed, airtight container

Cooked or Canned Pulses *(Opened)*

STORE TIME:
UP TO 5 DAYS
Sealed in airtight container in cooking liquid or covered with water

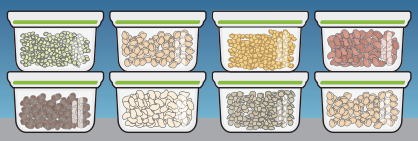
Soups, Chili and Curries



STORE TIME:
UP TO 5 DAYS
Store in sealed, airtight container

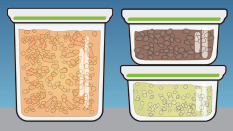
FREEZER

Cooked Pulses



STORE TIME:
UP TO 6 MONTHS
After pulses have cooled completely, drain any excess liquid and store in single-serving portions in sealed, airtight containers or freezer bags

Soups, Chili and Curries



STORE TIME:
3-6 MONTHS
Store in sealed, airtight container

TIPS

Store dry and canned pulses in a dark, dry and cool place for lasting freshness

Always store pulses (dry or cooked) in airtight containers

To thaw frozen pulses or meals, place in the refrigerator overnight to thaw, or warm over gentle heat just before eating

PULSES

Learn more at:
usapulses.org/tips

10 Tips for Putting More Pulses in Your Diet

Pulses are nature's treasure. If you're trying to eat foods that are sustainable, affordable and nutritious, pulses are a smart choice for any meal or snack.

Pulse is a term for the edible seeds of legume crops. Pulses include beans, dry peas, chickpeas and lentils. They are a heart-healthy, versatile superfood, rich in protein, fiber and other key nutrients.

Want to put more pulses in your diet? Here are 10 simple steps to get you started.

1 Eat Plant-Forward

Plant-forward eating means making plant-based foods the star of your meal. Creating meals with a variety of plant-based foods from different food groups (think fruits, vegetables, pulses, grains, nuts and seeds)—with a moderate amount of meat, seafood, or dairy, if you choose—results in nutrient-rich, flavorful meals.

2 Build Balanced Meals with Pulses + Grains

Pulses and whole grains are both plant-based sources of protein and key components of a healthy diet. Proteins are created from twenty different amino acid building blocks, nine of which cannot be produced by the body and are called "essential." Most plant-based proteins lack one or more of the essential amino acids, but when two or more plant-based proteins are combined, each food can provide the essential amino acid(s) that the complementary food is missing. Grains and pulses are complementary proteins. Therefore when you eat the two together, you get a complete protein or all nine essential amino acids. Beans and rice, anyone?

3 Look for "Pulse-Powered" Products!

New food products featuring pulses are popping up on store shelves every day. Why? Pulses have a great nutrition profile, are naturally gluten-free, and they have exceptional qualities for delicious, craveable baked goods. Look for new breads, cereals, snacks, and meat and dairy alternatives. These foods are often higher in protein and fiber than their traditional counterparts, plus they may be useful options for creating delicious gluten-free meals and snacks.

4 Make Hummus Your Hero!

Hummus is a hot food choice right now, to say the least! This protein-rich Middle Eastern dip is finding its place on restaurant menus, as well as in home kitchens across the country. Hummus is traditionally made from chickpeas, but there are many variations of hummus made from other pulses like lentils and beans. Look through the hummus section of your grocery store to see what options are available, or get creative at home with your favorite pulse and spice combinations.

5 Put Pulses in Salads

Pulses are awesome in salads, whether served as the featured ingredient, a complementary protein-packed ingredient, or roasted to add crunch and replace croutons. No matter what type of salad you're making, there's a pulse that will make it better!

6 Showcase Pulses in Soups & Stews

Pulses make a perfect addition to many soups and stews, and they can also do double duty. Use beans, chickpeas, lentils or split peas as a whole ingredient and puree some to thicken and add creamy richness.

7 Add Pulse Protein Power to Breakfast

Looking for ways to make your breakfast healthier and more satisfying? Power it up by adding protein-and fiber-rich pulses. If you love eggs, consider adding beans to your next omelet or scramble. Pulses can also add protein to breakfast smoothies. If you're a traditional cereal, milk and toast breakfast eater, there are even breakfast cereals that now include pulses. Look through your supermarket to find the latest pulse-powered products.

8 Build a Powerful Pulse Pantry

Satisfy your appetite for delicious and nutritious baked goods by baking with pulses. Pulse flours are being used to create healthier products, richer in protein and fiber. Pulse flours are also non-allergenic and gluten-free, making them ideal for those following a special diet. Bob's Red Mill has a variety of excellent pulse flours that can be used to make breads, pizzas, cakes and cookies.

9 Try Pea Protein Powder

If you use a protein supplement, consider giving pea protein powder a try. It's an easy swap for whey protein and a great way to add protein and fiber to smoothies. Plus, if you're looking for a vegan protein powder option, it's an ideal choice.

10 Snack on Pulses

Sweet or savory, crunchy or smooth, there are endless possibilities for snacking on pulses, like Black Bean Walnut Dip with Whole Grain Tortilla Chips; a Snickerdoodle Chickpea Smoothie, Peanut Butter + Coconut Pea Protein Bites or Lentil Chocolate Chip Banana Bread. Whatever your snack craving, there's a pulse for that!

PULSES

To take part in the Half-Cup Habit Challenge, visit **www.pulses.org**

7 Ways Pulses Promote Heart Health

Do you love your heart? Eating more pulses is a great way to show the love because pulses (think beans, peas, chickpeas and lentils) are heart healthy foods. Pulse are packed with key nutrients plus filling fiber that can help keep your body—and heart—healthy and strong.

Research has shown that regularly eating pulses may reduce your risk of heart disease. Wonder why? Read on to discover seven ways pulses promote heart health.

1 Pulses Are Packed with Key Nutrients

Pulses may be small, but they are packed with important nutrients that promote heart health. Studies show that people who eat at least a half cup of pulses each day have higher intakes of fiber and potassium, as well as protein, calcium, zinc, iron and magnesium.

2 Pulses Are Low In Fat and Sodium

All pulses are low in fat, and in their dry form very low in sodium. Eating excess fat, specifically trans fat, and salt (i.e., sodium chloride) has been linked with an increased risk of high blood pressure, a risk factor for having a heart attack or stroke. You can buy pulses in their dry or canned form. Draining and rinsing canned pulses like beans and chickpeas can remove up to 40% of the added sodium.

3 Pulses Are Full of Folate

Folate is a B-vitamin that promotes heart health by helping keep our arteries soft and elastic, which helps maintain healthy blood pressure levels. Pulses are an excellent source of folate.

A 1-cup portion of pulses can provide more than 50 percent of your daily folate requirement.

4 Eating Pulses Helps to Maintain a Healthy Weight

Pulses are relatively low in calories but high in complex carbohydrates and fiber. That means they are digested slowly and provide a steady, slow-burning source of energy. Eating pulses provides a feeling of satiety and fullness and may help you eat less.

5 Pulses Can Lower Blood Cholesterol

Pulses are an excellent source of fiber, but what's especially great about pulses is that they contain both soluble and insoluble fiber. Soluble fiber helps remove dietary cholesterol from your body, helping to lower blood cholesterol levels and reduce your risk for heart disease. Plus, pulses—like all plant foods—are naturally cholesterol-free.

6 Pulses Star in the Mediterranean Diet

The Mediterranean diet is the traditional eating pattern of countries along the Mediterranean Sea. Rich in fruits, vegetables, whole grains, pulses, nuts, seeds and olive oil, the Mediterranean diet is considered one of the world's healthiest dietary patterns. Numerous studies have shown that the Mediterranean diet promotes health and longevity and may prevent chronic diseases like heart disease. If you're trying to follow a Mediterranean diet, remember that consuming pulses is a key part of this dietary pattern.

7 Pulses Help Manage Blood Sugars

Pulses are rich in complex, high-quality carbohydrates. Pulses have been found to have a low glycemic index (GI) and glycemic load (GL). Having a low GI and GL means that the carbohydrates in pulses are slowly digested and therefore have lesser effects on blood sugar and insulin levels. Elevated blood sugars can cause damage to the body's arteries and increases a person's risk for a heart attack or stroke. Eating a variety of foods that are low GI/GL, including pulses, is a smart way to manage blood sugars and maintain a healthy heart.

All the Places You'll Find Pulses

New, innovative products featuring pulses (think beans, chickpeas, lentils and split peas) are popping up on grocery store shelves every day. Why? People love all the benefits you get when you eat more pulses. You can find pulses in every section of the grocery store. Check out these delicious pulse-powered foods.

Cereals

Many cereal makers are looking to pulses for new products to increase the "plant power" of their cereals, and increase key nutrients like protein and fiber. Check out Kashi GoLean Vanilla Cluster Plant-Powered Cereal made with red beans and pea protein. A 1-cup serving provides 230 calories, 6 grams of fiber and 9 grams of protein.

Pastas & Sauces

For those who follow a gluten-free diet, a life without pasta would be a hard life to live. Fear not. Tolerant Foods has a variety of gluten-free pulse pastas made with red lentils, green lentils and black beans. Based on the Organic Green Lentil Elbow Pasta, a 3-ounce serving has 281 calories, 16 grams of fiber, and 18 grams of protein. You can pair your legume pasta with Mama Jess Bean Good, an organic pasta sauce made with organic white bean puree. A half-cup serving has 80 calories, 3 grams of fiber and 4 grams of protein.

Dairy Options

Whether it's due to allergies or choosing to follow a vegan diet, there are numerous food choices available, and several new products now include pulses for added nutrition and health benefits. Silk Protein & Nut beverages are dairy substitutes made with pea protein. A 1-cup servings has 80 calories, <1 gram of fiber and 10 grams of protein. Daiya dairy-free products provide a variety of vegan cheese products including cheddar, mozzarella and pepper jack. Made with pea protein, a ¼ cup serving of this dairy-free cheese has 90 calories, 1 gram of fiber and 1 gram of protein.

Snacks

The snack aisle is really booming with pulse ingredients. Why? Consumers are looking for healthier snack choices, and pulses are the natural ingredient to fit the ticket. Check out Kashi Teff Lemon Chickpea Chili Thins. A 16-cracker serving has 130 calories, 3 grams of fiber and 3 grams of protein. Or try Nabisco Triscuit Brown Rice & Wheat Roasted Red Pepper & Red Bean. Made with red beans, a 6-cracker serving contains 130 calories, 2 grams of fiber, and 3 grams of protein.

Baking Mixes & Flours

Bob's Red Mill also has a variety of pulse flours and meals for gluten-free, pulse-powered baking including Fava Bean Flour, Garbanzo Bean Flour (a.k.a. chickpea flour), Gluten-Free All Purpose Baking Flour (with chickpeas), Gluten-Free Garbanzo and Fava Bean Flour, White Bean Flour, and Black Bean Flour. Bob's suggests that these flours can be used in place of rice flour for breads, pizza, cakes, and cookies. Rice flour contains almost no protein, so these flours are a smart choice for bakers who want to increase the protein content of their baked goods.

Frozen Meals

Frozen entrées are great to keep on hand for a quick meal when time is tight. There are hundreds of frozen meal options and many that incorporate pulses, including Healthy Choice Café Steamers Unwrapped Burrito Bowl made with black and pinto beans. The meal contains 270 calories, 12 grams of fiber, and 9 grams of protein. Also, frozen burritos could not be easier for a quick on-the-go meal or snack. Reser's Baja Café Bean & Cheese Burrito made with pinto beans packs 320 calories, 5 grams of fiber and 10 grams of protein.

Dry & Canned Pulses

Of course you can still find pulses in their classic forms, dry and canned. Make sure to include a mix of pulses including beans, chickpeas, lentils and split peas in your regular shopping routine so they're on hand for quick, healthy, delicious meals.

Soups & Sides

Of course, soups and quick-preparation side dishes have always contained a variety of pulses. Next time you're at the grocery store, look through the soups and sides aisles and see if something new catches your eye. Amy's Organic Split Pea Soup is made with green split peas. A 1-cup serving provides 100 calories, 6 grams of fiber and 7 grams of protein. Campbell's Chunky Chili Hot & Spicy with Bean Firehouse is made with kidney beans. A 1-cup serving contains 240 calories, 7 grams of fiber and 14 grams of protein. And Zatarans Red Beans & Rice, the quintessential New Orleans dish, is made with what else? Red beans! A 1-cup prepared serving provides 230 calories, 6 grams of fiber and 9 grams of protein.

PULSES

To take part in the Half-Cup Habit Challenge, visit **www.pulses.org**

Eating Well, Saving More

We all want to eat well, but healthy eating on a budget can be challenging. A healthful diet includes a wide variety of foods including fruits, vegetables, whole grains, dairy, meat and seafood, pulses, nuts, seeds and plant-based oils. Here are seven simple tips for enjoying a wide variety of delicious, healthful foods while saving money.

Go Plant-Forward With Your Protein

Eating pulses is not only good for your health, it's good for your wealth. A half-cup serving of pinto bean or lentils costs fifteen times less than a 3-ounce serving of ground beef. When you're at the grocery store, stock up on pulses in both dry and canned form. Both forms are shelf-stable ingredients that can last for months if stored in your pantry or kitchen cabinet.

Comparing the Cost of Proteins

FOOD	SERVING SIZE	COST PER SERVING
Pinto Beans (cooked from dry form)	½ cup	$0.07
Lentils (cooked from dry form)	½ cup	$0.08
Red Kidney Beans (cooked from dry form)	½ cup	$0.10
Eggs, grade A, large	1 large	$0.18
Pinto Beans (canned, drained)	½ cup	$0.19
Red Kidney Beans (canned, drained)	½ cup	$0.19
Chicken breast, boneless, skinless	3 ounces	$0.65
Pork chop (boneless)	3 ounces	$0.85
Beef (round roast, USDA choice, boneless)	3 ounces	$1.06
Ground beef, 90% lean	3 ounces	$1.14

Build Healthful Meals With Pulses + Grains

Pulses and whole grains are both plant-based sources of protein and key components of a healthy diet. Proteins are created from twenty different amino acid building blocks; nine of which cannot be produced by the body and are called "essential." Most plant-based proteins lack one or more of the essential amino acids, but when two or more plant-based sources of protein are combined, each food can provide the essential amino acid(s) that the complementary food(s) is missing. Grains and pulses are complementary proteins. Therefore when you eat the two together, you get a complete protein or all nine essential amino acids. Beans and rice, anyone?

BERRY CHICKPEA SMOOTHIE BOWL

PREP TIME: 5 min. **COOK TIME:** 5 min.
MAKES: 1 bowl

INGREDIENTS

Ingredients

1 cup of berries, fresh or frozen

half a banana

⅓ cup chickpeas (garbanzo beans) cooked or low-sodium canned

½ cup milk any kind

GARNISHES, YOU PICK!

chia seeds

flax seeds

pumpkin seeds

dried cranberries

coconut

granola

sliced banana

DIRECTIONS

1. Add all ingredients except garnishes to a blender, or use an immersion blender, and combine until smooth.
2. Top with garnishes and serve right away in a bowl.

NUTRIENTS PER SERVING (1) — SIZE: 380G

Calories **270** | Total Fat **3.5g** | Saturated Fat **1g** | Trans Fat **0g** | Cholesterol **5mg** | Sodium **160mg** | Total Carbohydrates **54g** | Dietary Fiber **12g** | Sugars **31g** | Protein **10g** | Vitamin D **0mcg** | Calcium **219mg** | Iron **2mg** | Potassium **656mg**

Recipes

INCREDIBLE, VERSATILE PULSES

One of the glorious benefits of cooking with pulses is their incredible versatility. They can be the featured stars of a dish, or they can play supporting roles.

Pulses are used in cuisines all over the world, and they pair well with so many flavor profiles. Many people think of using pulses to make soups and dips, but they can also be an important addition to salads, entrées and even desserts.

MOROCCAN-SPICED SPLIT PEA SPREAD

INGREDIENTS

1 ½ cups cooked split yellow peas
½ cup carrots, cooked
1 tablespoon ginger root, fresh, peeled, finely grated
2 tablespoons peanut oil
2 tablespoons tomato paste
1 tablespoon lemon juice, freshly squeezed
1 ½ teaspoons curry powder
½ teaspoon cinnamon
½ teaspoon salt
Tap water, as needed

DIRECTIONS

Blend all ingredients in a food processor until smooth. Add tap water, if needed, to create desired consistency. Serve with warm pita bread.

NUTRIENTS PER SERVING — SIZE: 60g

Calories **90** | Total Fat **4g** | Saturated Fat **1g** | Trans Fat **0g** | Cholesterol **0mg** | Sodium **170mg** | Total Carbohydrates **10g** | Dietary Fiber **2g** | Sugars **2g** | Protein **3g** | Vitamin D **0mcg** | Calcium **13mg** | Iron **1mg** | Potassium **214mg**

ITALIAN WHITE BEAN DIP

INGREDIENTS

1 (15-ounce) can cannellini beans, drained and rinsed
2 tablespoons fresh, fruity extra virgin olive oil
1 teaspoon garlic, minced
2 teaspoons Italian seasoning
1 teaspoon lemon juice, freshly squeezed or white vinegar
½ teaspoon salt
Tap water, as needed

DIRECTIONS

Blend all ingredients in a food processor until smooth. Add tap water, if needed, to create desired consistency. Serve with your favorite pita chips or raw vegetables. This dip looks great garnished with fresh herbs, like basil or rosemary, and drizzled with a little bit of olive oil.

NUTRIENTS PER SERVING — SIZE: 60g

Calories **70** | Total Fat **4g** | Saturated Fat **0g** | Trans Fat **0g** | Cholesterol **0mg** | Sodium **160mg** | Total Carbohydrates **7g** | Dietary Fiber **2g** | Sugars **0g** | Protein **3g** | Vitamin D **0mcg** | Calcium **18mg** | Iron **1mg** | Potassium **117mg**

INDIAN CURRIED LENTIL DIP

INGREDIENTS

2 cups cooked lentils
2 tablespoons peanut oil
2 tablespoons tomato paste
1 teaspoon curry powder
1 teaspoon salt
Tap water, as needed

DIRECTIONS

Blend all ingredients in a food processor until smooth. Add tap water, if needed, to create desired consistency. Serve with your favorite pita chips or raw vegetables. Celery pairs well with the flavors of this dip.

NUTRIENTS PER SERVING — SIZE: 58g

Calories **90** | Total Fat **3.5g** | Saturated Fat **1g** | Trans Fat **0g** | Cholesterol **0mg** | Sodium **300mg** | Total Carbohydrates **11g** | Dietary Fiber **4g** | Sugars **1g** | Protein **5g** | Vitamin D **0mcg** | Calcium **11mg** | Iron **2mg** | Potassium **226mg**

CHICKEN SALSA

Modified from a recipe developed by Katlyn Hutchings, MS, RD

MAKES: Serves 6

INGREDIENTS

2-4 boneless chicken breasts

2 (14.5-ounce) cans of diced tomatoes
(Consider using flavored and low-sodium varieties)

1 (15-ounce) can of black beans, drained and rinsed

1 (15-ounce) can of small red beans, drained and rinsed

2-3 tablespoons chili powder, according to personal preference

DIRECTIONS

Combine all ingredients in a crock pot. Cook on low for 6-8 hours. Once cooked the chicken is easily shredded with a fork.

NOTES

- A great protein and fiber source, serve with a side salad or other cooked veggies.
- Excellent over a bed of romaine as a variation on a taco salad.
- Serve over cooked spaghetti squash, quinoa or brown rice.
- Top with avocado slices and ripe olives.
- Yields four or more servings. May store left overs in refrigerator 2-3 days.

NUTRIENTS PER SERVING — SIZE: 383G

Calories **240** | Total Fat **2g** | Saturated Fat **0g** | Trans Fat **0g** | Cholesterol **30mg** | Sodium **720mg** | Total Carbohydrates **36g** | Dietary Fiber **13g** | Sugars **7g** | Protein **20g** | Vitamin D **0mcg** | Calcium **97mg** | Iron **5mg** | Potassium **457mg**

PASTA WITH CHICKPEAS AND SHRIMP

This recipe takes cues from traditional Mediterranean cuisine. Seafood, pasta, pulses in all their glorious forms, extra virgin olive oil, and wine are common ingredients in many Mediterranean kitchens, but this recipe is very Italian. Pair with a simple green salad and a glass of dry white wine for a complete meal.

COOK TIME: 20 min. STAND TIME: 3 min.
MAKES: 7 cups (4 entrée servings)

INGREDIENTS

1 (14.5-ounce) can vegetable or chicken broth (1 ¾ cups)

2 cups water (or 1 ½ cups water plus ½ cup white wine)

8 ounces rotini or penne pasta (uncooked)

12 ounces, fresh or frozen shrimp, 21-30 count size, peeled and deveined

1 (15-ounce) can chickpeas (garbanzo beans), drained and rinsed

1 7-ounce container refrigerated prepared pesto

¼ cup grated Parmesan cheese, optional

1 lemon, zested and juiced

Freshly cracked black pepper

Fresh flat leaf parsley, chopped, for garnish

DIRECTIONS

1. Bring broth and water to a boil in a 4-5 quart-size saucepan. Stir in pasta. Bring to a boil, then reduce heat to a medium-low simmer. Cover with lid slightly ajar and cook 1 minute less than recommended pasta cook time.
2. Meanwhile, if shrimp is frozen, place in a bowl of lukewarm water to thaw, about 5 minutes. Drain. Remove tails.
3. Stir shrimp into pasta and cook 1 minute.
4. Add beans, pesto, Parmesan cheese, lemon zest and half the lemon juice. Stir to combine. Let stand covered for sauce to thicken. Taste and add remaining lemon juice if desired. Serve with freshly cracked black pepper and additional Parmesan if desired. Garnish with freshly minced parsley.

NUTRIENTS PER SERVING (4) — SIZE: 1 ¾ CUPS

Calories **635** | Total Fat **28g** | Saturated Fat **7g** | Trans Fat **0g** | Cholesterol **135mg** | Sodium **960mg** | Total Carbohydrates **59g** | Dietary Fiber **7g** | Sugars **8g** | Protein **36g** | Vitamin D **0.16mcg** | Calcium **370mg** | Iron **4.4mg** | Potassium **475mg**

PULSES

7

Tips for Enjoying a Heart-Healthy Diet

1. Fill half your plate with fruits & veggies
2. Choose fiber-rich foods
3. Reduce salt with herbs & spices
4. Make plants the star of the meal
5. Build balanced meals with pulses & grains
6. Look to versatile pulses
7. Cook meals at home

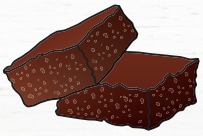

PULSES
10
Tips to Eat a Plant-Forward Diet
1. Fill half your plate with fruits & veggies
2. Add bulk to meals with pulses & grains
3. Prep ahead of time (wash, peel, chop, grate)
4. Look for plant-forward snacks
5. Swap half the meat for plant-based proteins
6. Eat a Mediterranean-style diet
7. Feature fruit in meals & snacks
8. Start your day with a plant-forward smoothie
9. Eat seasonally
10. Savor plant-based spreads


PULSES
7
Tips to Eat Well, Save More
1. Go plant-forward with your protein
2. Add bulk to meals with pulses & grains
3. Build your pantry
4. Buy in bulk
5. Shop seasonally
6. Savor the flavor (& savings) with frozen and canned
7. Reduce food waste

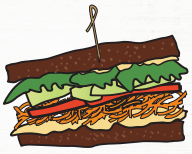
PULSES

Pulse-Powered Swap Tips

1. Replace half the meat in tacos, lasagna or casseroles with **beans or lentils**



2. Replace up to half the all-purpose flour in baked goods with **chickpea or pea flour**



3. Replace mayonnaise on sandwiches with **hummus**

PULSES

@USAPulses | usapulses.org/tips

USA Dry Pea & Lentil Council

AMERICAN PULSE ASSOCIATION

IDAHO DEPARTMENT OF AGRICULTURE