

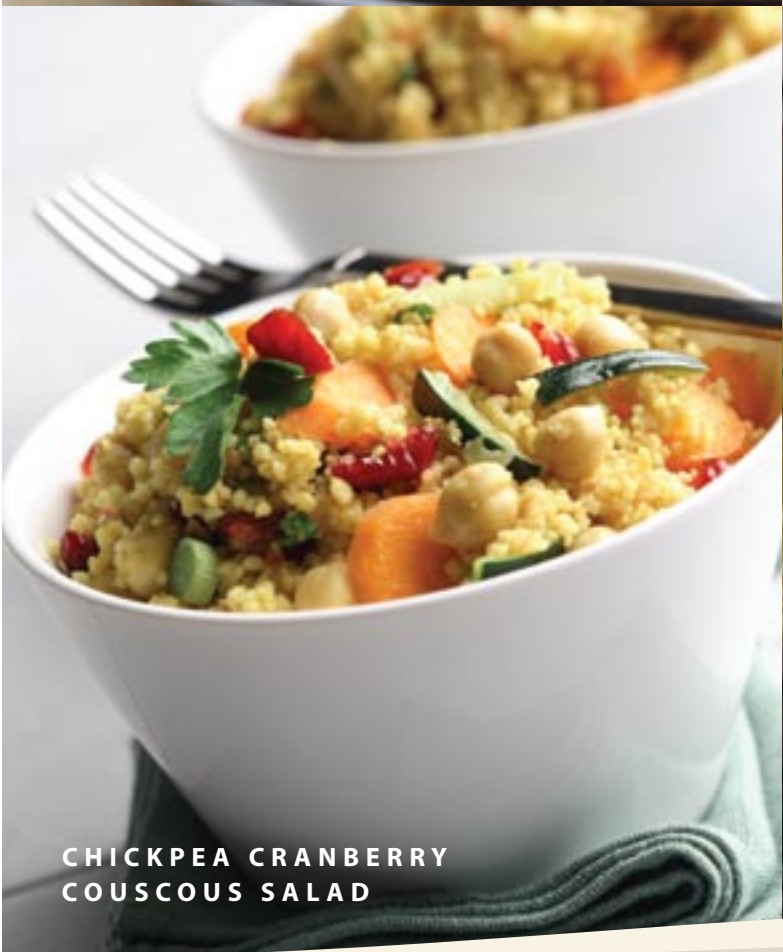
# Culinary Adventures with Pulses



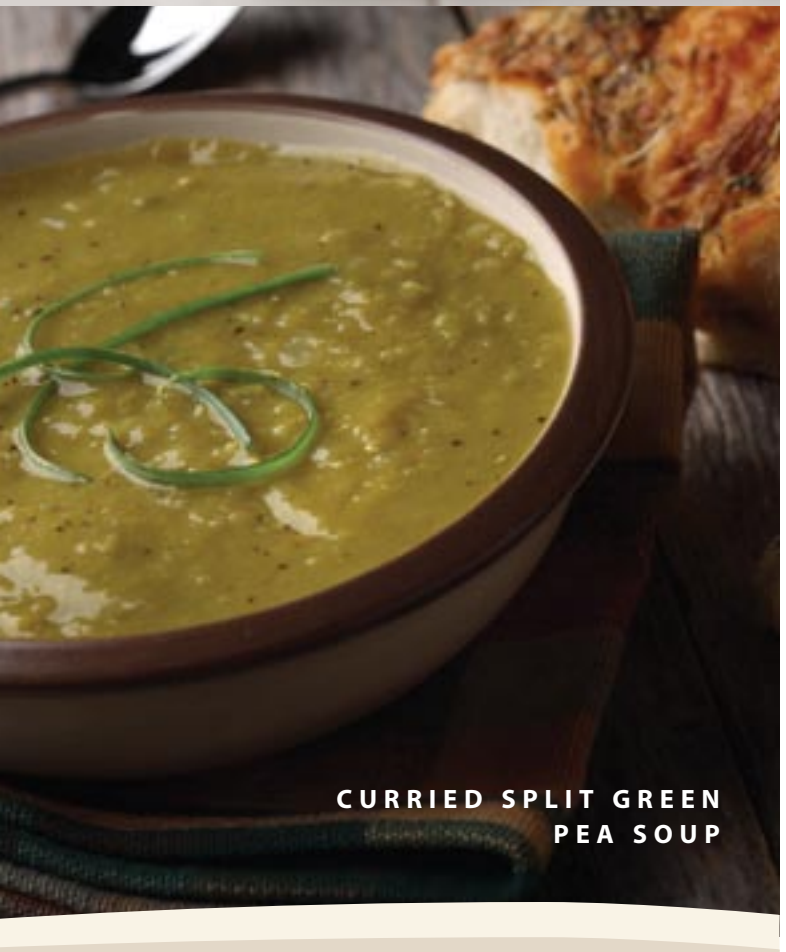
BLACK BEAN  
SPINACH PIZZA



WHITE BEAN AND  
SAGE CROSTINI



CHICKPEA CRANBERRY  
COUSCOUS SALAD



CURRIED SPLIT GREEN  
PEA SOUP

# Culinary Adventures with Pulses

pulse recipes

## WHITE BEAN AND SAGE CROSTINI

A tasty appetizer.

1 tbsp (15 mL) canola oil  
3 green onions, chopped  
2 cloves garlic, minced  
1 tbsp (15 mL) chopped fresh sage  
1 ¼ cup (300 mL) cooked **navy beans** or **white kidney beans**  
¼ cup (50 mL) water

1 tsp (5 mL) chicken flavoured bouillon granules  
1/4 cup (50 mL) grated Parmesan cheese  
24 slices French baguette, ½ - inch thick

Heat oil in a skillet over medium heat. Add green onion, garlic and sage and cook for about 2 minutes. Add beans, water and chicken bouillon and cook until liquid is slightly reduced (about 5 minutes), then add the cheese. Cool to room temperature. Process bean mixture in a blender or food processor until smooth. If desired, thin bean mixture by adding additional water 1 tbsp (15 mL) at a time. Place sliced bread on a baking sheet and broil until golden, about 1 minute on each side. Spread about 1 tbsp (15 mL) of bean mixture on each slice.

Yield: 24 slices

Nutritional Information (per slice): 77 calories; 3 g fat; 0 g saturated fat; 12 g carbohydrate; 1 g fibre; 3 g protein; 139 mg sodium; 61 mg potassium; 28 mcg folate; 1 mg iron; 34 mg calcium.

For more information and recipes, visit [www.pulsecanada.com](http://www.pulsecanada.com)

## CURRIED SPLIT GREEN PEA SOUP

A hearty vegetarian soup perfect for cold weather.

1 tbsp (15 mL) canola oil  
1 onion, diced  
¼ tsp (1 mL) salt  
½ tsp (2 mL) pepper  
2 cloves garlic, minced

1 ½ cups (375 mL) dry **split green peas**  
5 cups (1.25 L) low sodium vegetable or chicken broth  
1 tbsp (15 mL) curry powder

Heat canola oil in large saucepan, over medium-low heat. Add onion, salt, pepper and garlic. Sauté ingredients until tender, approximately 2 minutes. Add split green peas, vegetable broth and curry powder. Bring to a boil. Then reduce heat, cover and simmer until peas are tender, about 45-50 minutes. Adjust seasoning. Purée in food processor or blender to desired consistency.

Yield: about 4 - 5 servings

Nutritional Information (per 1/5 of recipe): 267 calories; 8 g fat; 1 g saturated fat; 36 g carbohydrate; 4 g fibre; 17 g protein; 321 mg sodium; 757 mg potassium; 137 mcg folate; 3 mg iron; 59 mg calcium.

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## BLACK BEAN SPINACH PIZZA

A vegetarian pizza that can be served as an appetizer or a main meal.

1 Italian cheese-flavored thin pizza crust  
1 ¼ cup (300 mL) cooked **black beans**  
½ tsp (2 mL) hot sauce  
2/3 cup (150 mL) chopped onion  
1 tsp (5 mL) cumin  
1 tsp (5 mL) chili powder  
1 garlic clove, minced  
½ cup (125 mL) bottled salsa  
1 tomato, diced

½ of a 10 ounce package frozen chopped spinach, thawed, drained, and squeezed dry  
2 tbsp (30 mL) chopped fresh parsley  
½ cup (125 mL) shredded reduced-fat sharp cheddar cheese  
½ cup (125 mL) shredded Monterey Jack cheese  
¼ cup (50 mL) chopped fresh cilantro or parsley (optional)

Preheat oven to 375°F (180°C). Place pizza crust on a baking sheet and bake for 5 minutes or until crisp. Mash beans with a fork and combine with next 5 ingredients (beans through garlic) in medium bowl, stirring to combine. Spread bean mixture over crust, leaving a 1-inch border. Spoon salsa evenly over bean mixture; top with tomato and spinach. Sprinkle with cheeses. Bake for 15 minutes or until crust is lightly browned. Garnish with cilantro or parsley.

Yield: 4 servings (2 slices per serving)

Nutritional Information (per slice): 279 calories; 11 g fat; 31 g carbohydrate; 4 g fibre; 15 g protein; 513 mg sodium; 337 mg potassium; 100 mcg folate; 3 mg iron; 293 mg calcium.

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## CHICKPEA CRANBERRY COUSCOUS SALAD

A vegetarian side salad for barbecue meats, poultry or fish.

2 ½ cups (625 mL) chicken stock  
½ tsp (2 mL) turmeric  
½ tsp (2 mL) ginger  
½ tsp (2 mL) cinnamon  
2 cups (500 mL) couscous  
1 cup (250 mL) dried cranberries  
1 medium zucchini, diced  
2 carrots, peeled and diced

3 green onions, chopped  
2 cups (500 mL) cooked **chickpeas**  
¼ cup (50 mL) canola oil, divided  
¼ cup (50 mL) lemon juice  
½ tsp (2 mL) salt  
¼ tsp (1 mL) cayenne pepper  
¼ cup (50 mL) fresh chopped parsley

Combine stock, turmeric, ginger and cinnamon in a large saucepan and bring to a boil. Remove from heat. Stir in couscous, cover and let stand for 5 minutes or until liquid is completely absorbed. Transfer to large bowl and let cool to room temperature. Break up any couscous lumps. Sauté zucchini, carrots and green onions in 1 tbsp (15 mL) of oil. Add sautéed vegetables, cranberries and chickpeas to couscous. Whisk together lemon juice, remaining oil, salt and cayenne pepper in a small bowl. Pour over couscous and toss. Cover and refrigerate at least 1 hour. Garnish with parsley.

Yield: 10 servings

Nutritional Information (per serving): 287 calories; 6 g fat; 1 g saturated fat; 9 g protein; 50 g carbohydrate; 4 g fibre; 35 mg sodium; 344 mg potassium; 85 mcg folate; 2 mg iron; 42 mg calcium.

For more information and recipes, visit [www.pulsecanada.com](http://www.pulsecanada.com)

Photo courtesy of Alberta Pulse Growers.

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CHICKPEAS

BEANS

PEAS

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This material has been made possible through Canada's Agricultural Policy Framework, a Federal-Provincial-Territorial initiative.

Printed 05/08