

for your health

pulse recipes

WHITE BEAN AND
TUNA SALAD



CHICKPEA BURGERS

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WHITE BEAN AND TUNA SALAD

2 - 6 oz (170 g) cans tuna, drained
1 ¼ cup (300 ml) cooked **white beans***
or 1-14 fl oz (398 ml) can, drained and rinsed
1 red pepper, chopped
(or ¾ cup chopped roasted red pepper)
2 tbsp (30 mL) capers
Zest of 1 lemon
2 tbsp (30 mL) lemon juice
1 tbsp (15 mL) canola oil
½ tsp (2 mL) salt
½ tsp (2 mL) black pepper

COMBINE tuna, beans, red pepper, capers and lemon zest in a large bowl.

WHISK together lemon juice, oil, salt and pepper in a small bowl.

POUR vinaigrette over the tuna and bean mixture and toss.

Makes: 4 servings

Nutritional Information (per serving): 201 calories; 5.6 g fat; 19 g protein; 19 g carbohydrate; 5 g fibre; 23 mg cholesterol; 349 mg sodium.

The 2005 Dietary Guidelines for Americans, developed by the USDA, recommend eating three cups of legumes per week, including beans, peas, lentils and chickpeas.

Pulses are a great fit for a healthy eating pattern as recommended by the USDA's food pyramid (My Pyramid) and Canada's Food Guide to Healthy Eating.

Research has shown that diets including beans and other pulses in your diet may reduce risk of heart disease and certain cancers.

CHICKPEA BURGERS

½ cup (125 mL) pecans
2 cups (500 mL) cooked **chickpeas***
or 1-19 oz (540 ml) can, drained and rinsed
3 tbsp (45 mL) canola oil
1 clove garlic, minced
1 egg
¼ cup (50 mL) bread crumbs
1 cup (250 mL) chopped green onion
½ cup (125 mL) finely chopped fresh parsley
1 tsp (5 mL) dried rosemary
1 tbsp (15 mL) grated lemon rind
2 drops hot sauce
1 tsp (5 mL) Worcestershire sauce
Canola oil for brushing burger
Cheddar cheese, sliced (optional)
4 whole wheat buns, halved

SPREAD pecans on a baking sheet and bake for 5-8 minutes at 350°F. Let cool.

PURÉE chickpeas, pecans, canola oil, garlic and egg in food processor until smooth. Transfer into large bowl and stir in bread crumbs.

STIR green onions, parsley, rosemary, lemon rind, hot sauce and Worcestershire sauce into mixture.

FORM into 8 patties.

BRUSH patties with oil and fry over medium heat for 3 minutes per side.

PLACE each patty on bun half and top with cheese, lettuce or other fixings.

SERVE open-faced.

Makes: 8 servings

Nutritional Information (per serving with bun): 237 calories; 14 g fat; 7 g protein; 24 g carbohydrate; 4.3 g fibre; 0 mg cholesterol; 114 mg sodium.

* For more information, please see: the Guide to Cooking Beans, Peas and Lentils or www.pulsecanada.com.



CHICKPEAS



BEANS



PEAS



LENTILS



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