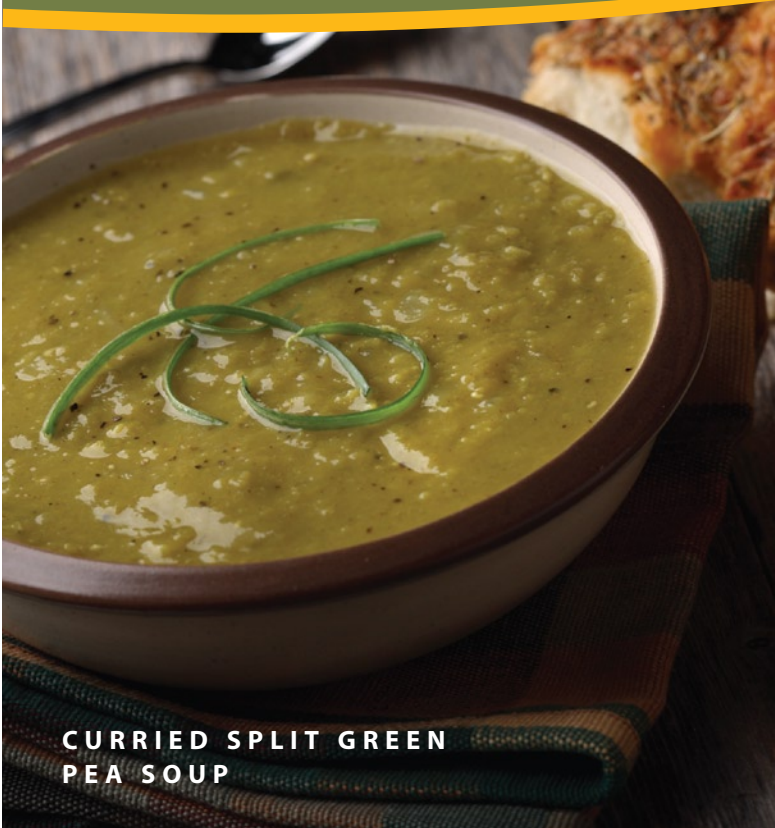


Gluten-Free Pulse Recipes



**CURRIED SPLIT GREEN
PEA SOUP**



**GREEK LENTIL
SALAD**



**BLACK BEAN AND CORN
SUMMER SALAD**



**CRANBERRY CHOCOLATE
ALMOND BISCOTTI**

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pulse recipes

GREEK LENTIL SALAD (VEGETARIAN)

Preparation time: 25 minutes / Cooking time: None

- 1- 19 fl.oz can (1- 540 mL can) lentils, rinsed and drained
- ½ cup (125 mL) calamata olives
- ½ cup (125 mL) onion, chopped
- 1 ½ cups (375 mL) grape tomatoes, halved
- ½ cup (125 mL) green peppers, chopped
- 1 cup (250 mL) cucumber, diced
- ¼ cup (50 mL) feta cheese, crumbled
- ¼ cup (50 mL) fresh parsley, chopped

Dressing:

- ¼ cup (50 mL) olive oil
- ¼ cup (50 mL) lemon juice
- 1 tbsp (15 mL) dried oregano

- 1) In a large bowl, combine lentils, olives, vegetables, and feta cheese.
- 2) Whisk dressing ingredients together.
- 3) Add parsley to salad and toss with dressing to coat.
- 4) 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. Enjoy.

Serves 10.

Nutritional Information (Per 2/3 cup serving 100 mL)

133 Calories; 6 g Protein; 6 g Fat; 1 g Saturated Fat; 4 mg Cholesterol; 15 g Carbohydrates; 3 g Fibre; 112 mg Sodium; 320 mg Potassium; 14 mg Vitamin C; 110 mcg Folate; 54 mg Calcium; 3 mg Iron.

For more information and recipes, visit www.pulsecanada.com

CRANBERRY CHOCOLATE ALMOND BISCOTTI

- ½ cup (125 mL) berry sugar
- 2 eggs
- 1 ¼ cup (300 mL) black bean flour*
- ⅓ cup (75 mL) cocoa powder
- 2 tbsp (30 mL) orange zest
- ¼ cup (50 mL) dried cranberries
- ⅓ cup (75 mL) slivered almonds
- * Can be found in some grocery stores (Bob's Red Mill brand) or in dried bulk food stores

- 1) Preheat oven to 350°F. Line a cookie sheet with parchment paper.
- 2) Using electric beaters, beat the sugar and eggs together for 3 minutes, or until thick, pale and increased in volume. Add the orange zest and mix in. Stir in the bean flour and cocoa powder with a wooden spoon and mix until almost combined. Add the orange zest, dried cranberries, almonds and mix until well combined.
- 3) Divide the mixture in half and shape into 2 logs about 6-8 inches long. Place on the prepared tray and flatten slightly to make log 1 ½ inches thick. Bake for 20 minutes, or until firm. Remove from the oven and allow to cool completely.
- 4) Preheat oven to 275°F. Cut the logs on the diagonal into slices about ½ -⅓ inch thick. Spread out in a single layer onto cookie sheets and bake, turning once, for 20-25 minutes. Transfer biscotti to wire racks to cool completely before serving. They can be stored in airtight container for up to 1 month. Biscotti can be stored for longer when kept in the freezer.

Makes 18 pieces.

Nutritional Information (Per biscotti)

82 Calories; 3 g Protein; 2 g Fat; 0 g Saturated Fat; 20 mg Cholesterol; 15 g Carbohydrates; 2 g Fibre; 7 mg Sodium; 209 mg Potassium; 1 mg Vitamin C; 45 mcg Folate; 22 mg Calcium; 1 mg Iron.

For more information and recipes, visit www.pulsecanada.com

Pulse Canada 

1212-220 Portage Avenue
Winnipeg, Manitoba,
Canada R3C 0A5
Phone: (204) 925-4455
office@pulsecanada.com

Canada

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CURRIED SPLIT GREEN PEA SOUP (VEGETARIAN)

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

- 1) Heat canola oil in large saucepan, over medium-low heat. Add onion, salt, pepper and garlic.
- 2) Sauté ingredients until tender, approximately 2 minutes.
- 3) 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.
- 4) Purée in food processor or blender to desired consistency.

Yield: about 4 – 5 servings

Nutritional Information (Per 1/5 of recipe)

267 Calories; 17 g Protein; 8 g Fat; 1 g Saturated Fat; 0 mg Cholesterol; 36 g Carbohydrate; 4 g Fibre; 321 mg Sodium; 757 mg Potassium; 4 mg Vitamin C; 137 mcg Folate; 59 mg Calcium; 3 mg Iron.

For more information and recipes, visit www.pulsecanada.com

BLACK BEAN AND CORN SUMMER SALAD (VEGETARIAN)

Preparation time: 20 minutes / Cooking time: None

- 1- 19 oz can (1- 540 mL can) black beans, rinsed and drained
- 2 cups (500 mL) frozen corn niblets, thawed
- ¼ cup (50 mL) fresh cilantro, chopped
- ¼ cup (50 mL) lime juice
- 2 medium tomatoes, chopped
- ½ cup (125 mL) onion, chopped
- 1 tsp (5 mL) ground cumin
- ½ tsp (2 mL) each salt and pepper

- 1) Combine all ingredients in medium bowl. Serve.

Serves 10

Nutritional Information (Per 1/2 cup serving 100 g)

111 Calories; 6 g Protein; 1 g Fat; 0 g Saturated Fat; 0 mg Cholesterol; 22 g Carbohydrates; 5 g Fibre; 43 mg Sodium; 346 mg Potassium; 8 mg Vitamin C; 99 mcg Folate; 23 mg Calcium; 2 mg Iron.

For more information and recipes, visit www.pulsecanada.com



CHICKPEAS



BEANS



PEAS



LENTILS