Cooking with PULSES
BEANS, PEAS, LENTILS & CHICKPEAS
Types of Pulses

Peas
- Split Yellow Peas
- Split Green Peas
- Whole Yellow Peas

Beans
- Red Kidney Beans
  Other names: Large White, Cannellini
- Great Northern Beans
  Other names: White Bean, Alubias Chica
- Navy Beans
  Other names: Romano, Speckled Sugar, Borlotti
- Pinto Beans
- Black Beans
  Other names: Black Turtle, Preto
- Kabuli Chickpeas
  Other names: Garbanzo, Kabuli chana, Bengal gram
- Desi Chickpeas
  Other names: Kala Chana and Bengal gram

Lentils
- Large Green Lentils
  Other names: Laird-type, Masoor
- Split Red Lentils
  Other name: Masoor dal
- Whole Green Peas
- French Green Lentils
  Other name: Dark Speckled

Chickpeas
- Cranberry Beans
  Other names: Romano, Speckled Sugar, Borlotti
- Red Kidney Beans
- Split Green Peas
- Whole Green Peas
- Split Red Lentils
  Other name: Masoor dal

Other names:
- Large White
- Cannellini
- Dark Speckled
- Garbanzo
- Kabuli chana
- Bengal gram
- Kala Chana
- Bengal gram
- White Bean
- Alubias Chica
- Black Turtle
- Preto
- Kala Chana
- Bengal gram
- Romano
- Speckled Sugar
- Borlotti
- Split Green Peas
- Whole Green Peas
- Split Red Lentils
  Other name: Masoor dal


Discover an affordable, nutritious and versatile food—pulses. Enjoyed by many cultures around the world, pulses contribute to wonderful main dishes, side dishes, soups, salads, appetizers, snacks and even baked goods! Explore new ways to include pulses in your family’s diet.

This book also contains tips on buying and preparing pulses, information on their health benefits and many delicious pulse recipes.
WHO SHOULD EAT PULSES?
Everyone can benefit from eating pulses. Pulses are high in protein, fibre and complex carbohydrates, and low in fat. These nutrients make pulses an important part of any healthy diet.

WHAT ARE PULSES?
Pulses are the edible dried seeds of legume crops. The name “pulses” comes from the Latin word “puls”, meaning thick soup or potage. Common pulses include:

- Dry peas
- Dry beans
- Lentils
- Chickpeas

Pulses do not include fresh green beans or peas. Soybeans and peanuts are related to pulses because they are also the edible seeds of podded plants, but they have a much higher fat content than pulses, which contain virtually no fat.

Pulses have additional benefits for people who:

✓ Are overweight
✓ Have diabetes
✓ Have high blood cholesterol levels
✓ Have celiac disease
✓ Tend to be constipated
✓ Are vegetarians

WHO SHOULD EAT PULSES?

1. Include ½ cup (75 ml) of cooked black, white or cranberry beans with an omelette to add protein and fibre.

2. Add 1 cup (250 ml) of whole or puréed lentils to your spaghetti sauce instead of ground beef. This lowers the fat while adding fibre.

3. Add ½ cup (125 ml) of lentils to quesadillas along with other fillings you enjoy.

4. Mix ½ cup (125 ml) black beans into 1 cup (250 ml) of your favourite salsa. Add some chopped cilantro and a squeeze of lime juice for an easy party dip.

5. Drain and purée 1 cup (250 ml) of canned lentils with your favourite herb and use as a sandwich spread.

6. Add ¼ cup (125 ml) of cooked pulses to soups. This works best for broth-style soups.

7. When making your favourite pizza, add a handful of black beans to your usual pizza toppings.

8. Replace half the butter or oil when baking with a lentil puree to lower the fat.

9. Include 1 cup (250 ml) of chickpeas to any salad for a different twist.

10. Serve hummus with carrots, celery and other vegetables for a healthy snack.

WHAT ARE PULSES?

Black Bean Burgers, page 32

TOP 10 Ways to Eat Pulses

See tip #2 below! See page 29 for the recipe

Did you know? Glycemic Index is a scale that ranks carbohydrate-rich foods by how much they raise blood glucose levels compared to a standard food (glucose or white bread). Pulses are low GI foods like 100% whole wheat bread and bran cereals. *Reprinted with permission from the Canadian Diabetes Association.*
Pulses contribute to **BETTER NUTRITION**

All foods we eat are made up of nutrients like carbohydrates, protein, fat, vitamins and minerals. Eating pulses helps you get the right amount of each nutrient, which contributes to good health.

**Pulses are high in protein, especially compared to other plant foods.**

In fact, pulses have 2-3 times more protein than cereal grains like rice, corn and wheat. For example, you would have to eat 2 cups of rice or corn or 1 cup of quinoa to get the same amount of protein that is in ½ a cup of lentils.

Eating a variety of plant foods can provide you with high levels of good quality protein. Dishes that pair a pulse with a cereal grain like hummus with pita bread, beans with corn, or lentils with rice are great examples of traditional plant food partners that together are a source of quality protein.

Pulses are also high in the good types of carbohydrates - like fibre and healthy starches. These types of carbohydrates give you energy that lasts between meals, help with digestion, and keep your heart healthy. One cup of cooked pulses gives you more than half the amount of fibre you need for the entire day. You would have to eat 2 cups of bran flakes, 4 cups of oatmeal or 8 slices of whole wheat bread to get the same amount of fibre as is found in 1 cup of beans.

The chocolate brownies featured on page 36 use black bean flour and are a good example of how you can add fibre to your favourite dish or treat.

**Pulses provide important vitamins and minerals with only small amounts of sugar and fat.**

Iron, potassium and folate are just some of the essential vitamins and minerals that pulses provide. Pulses are also an excellent protein source for those living with celiac disease or gluten sensitivities.

**Pulses contribute to HEALTHY OUTCOMES**

**Pulses help maintain healthy blood sugar levels, which can help prevent or manage diabetes.**

Eating pulses does not cause blood sugar levels to rise as much as sugary or starchy foods that are low in fibre. Maintaining normal blood sugar levels reduces the risk of developing diabetes and helps people with diabetes avoid further health problems.

**Pulses are a heart healthy food choice.**

Pulses are low in saturated and trans fats and high in soluble fibre. Research has shown that eating pulses can lower cholesterol, reduce blood pressure and help with body weight management, which are all risk factors for heart disease.

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**Pulses contribute to ENVIRONMENTAL SUSTAINABILITY**

You can have a positive impact on the environment every time you step into your kitchen or go to the grocery store – just eat pulses!

**Pulses are a low carbon footprint food.**

Greenhouse gas emissions from agriculture, in large part, come from nitrogen fertilizers. Pulses only require a small amount of fertilizer to grow, because they have a relationship with soil bacteria that convert the nitrogen in the air into a fertilizer that crops can use. This means that farmers need to add little or no nitrogen fertilizer to their pulse crop.

**Pulses are a water-efficient source of protein.**

They use ½ to ⅓ the amount of water that it takes to produce other sources of protein. Pulses can also help farmers adapt to climate change, because different types of pulses can be grown in almost any farming system - wet or dry, and in cold or hot regions of the world.

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**Did you know?** Pulses have a relationship with the soil that converts nitrogen in the air into a fertilizer that crops can use.

**Visit pulses.org for more information on pulses & to see pulse recipes from around the world**
Buying, Storing & Cooking Pulses

Buying, Storing & Cooking Pulses

You can find most pulses in grocery stores, organic food stores and bulk food stores. Look for pulses in the ethnic, bulk or canned food sections. They are also found in soups or in the baking ingredients aisle.

When Buying Dry Pulses, Look for:

• Brightly coloured seeds
• Uniform size
• Smooth skins without chips or shriveled seed coats

Dry pulses will keep for years if stored in tightly-covered containers in a cool, dark, dry place, but the longer a pulse is stored, the drier it becomes, which increases the cooking time. Canned pulses are convenient, because they are ready-to-use. Always rinse and drain canned pulses before using to reduce any sodium added during the canning process. Canned pulses store well in cool, dry places and may be stored up to one year. Cooked pulses can be stored in the freezer for up to 6 months. Separate cooked pulses into 1 or 2 cup (250 or 500 ml) portions and lay flat in freezer bags or small containers.

Soaking tips and methods

• Be sure to check all dry pulses before rinsing or soaking. Remove pulses with shrivelled or broken skins or the occasional pebble or twig.
• Dry beans, whole peas and chickpeas must be soaked because their skins do not readily absorb water.
• Dry lentils and split peas do not need to be soaked - just rinse before cooking.

For every 1 cup (250 ml) of pulses, soak with 3 cups (750 ml) of water. Whole peas can be soaked for 1-2 hours. Beans and whole chickpeas require longer soaking than whole peas (min. 4 hours, or preferably soak for 8 hours or overnight).

Always discard the soaking water by putting pulses into a strainer and rinsing them well. This process washes away the excess carbohydrates and sugars that cause gas.

Cooking tips and methods

• Make sure your saucepan is big enough, as pulses double or triple in size during cooking.
• To prevent foaming, add 1 teaspoon (5 ml) of oil to the cooking water.
• Seasonings like garlic, onion or herbs can be added while cooking pulses.
• Always cook pulses slowly, as cooking them too quickly can break the seed coats.
• Cooking time guidelines are provided on page 10. Note that cooking times may vary based on a number of factors, including age of the pulses, elevation, and water hardness. The intent is to cook pulses until they are tender. To achieve optimal cooking, pulses can be tested as they near the prescribed cooking time.
• Tomatoes, vinegar or other acidic ingredients should be avoided until pulses are tender. Acids slow the cooking process.
• Beans naturally have a toxic compound in them called phytahemagglutinin. This is destroyed by adequate cooking.

For slow cooker recipes, pre-soaked beans should be boiled for 10-12 minutes in fresh water before adding to the crock pot.

• Using baking soda to aid in cooking pulses is not recommended.
• To prevent foaming, add 1 teaspoon (5 ml) of oil to the cooking water.
• To make a smooth purée, with a consistency like canned pumpkin.

Pulse Flours

Pulse flours can be found in some grocery stores, bulk food stores and ethnic or specialty markets. Pulse flours can be used in a variety of recipes. They are a great ingredient to use in gluten-free recipes or to boost levels of fibre.

The recipes in this book were developed using pulse flours from Best Cooking Pulses and Bob’s Red Mill.

Benefits of using pulse flours:

• You can create high protein, high fibre snacks using pulse and wheat flour blends
• Pulses are naturally gluten free
• Pulses are low in fat, and have no trans-fat.
• Pulses are easy to blend and incorporate into a range of recipe applications (sweet & savoury, cooking & baking)
• Pulses can enhance juiciness in meat applications, moisture content in baked goods, and crispiness in breadings
• Pulses can extend or substitute a portion of meat in a recipe, which may also increase juiciness

Pulse flours can be included in the following foods (to name a few):

• breads, cakes, muffins, cookies
• bagels, tortillas, crackers
• pastas and noodles
• sweet and savoury crusts
• blended meat dishes (meatloaf, meatballs, stuffing)
• soups and sauces
• extruded snacks

Cooking Methods & Times for Dry Pulses

<table>
<thead>
<tr>
<th>Pulse Flours</th>
<th>Beans</th>
<th>Whole Peas</th>
<th>Split Peas</th>
<th>Whole Lentils</th>
<th>Split Lentils</th>
<th>Whole Chickpeas</th>
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<tbody>
<tr>
<td>Rinse</td>
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<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
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<td>No</td>
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<tr>
<td>Amount of water per 1 cup (250 ml)</td>
<td>2½-3 cups (625 to 750 ml)</td>
<td>2½-3 cups (625 to 750 ml)</td>
<td>2 cups (500 ml)</td>
<td>2 cups (500 ml)</td>
<td>2 cups (500 ml)</td>
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<tr>
<td>Cooking time</td>
<td>1½-2 hrs</td>
<td>½-1 hr</td>
<td>10-30 min</td>
<td>5-15 min</td>
<td>½-1 hr</td>
<td>1½-2 hrs</td>
<td>½-1 hr</td>
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<tr>
<td>Pressure cook time (at 15 psi)</td>
<td>8-12 min</td>
<td>5-7 min</td>
<td>No</td>
<td>No</td>
<td>12-15 min</td>
<td>5-7 min</td>
<td></td>
</tr>
<tr>
<td>Yield from 1 cup (250 ml) dry pulses</td>
<td>2½ cups (625 ml)</td>
<td>2½ cups (625 ml)</td>
<td>2 cups (500 ml)</td>
<td>2 cups (500 ml)</td>
<td>2 cups (500 ml)</td>
<td>2 cups (500 ml)</td>
<td></td>
</tr>
</tbody>
</table>

* Pressure cook times are for pulses that have been pre-soaked and are based on the “quick” or “cold water” release method, in which the pressure cooker is placed in cold water after removing from the burner to lower pressure. If a “natural” release method is used instead (pressure is left to fall on its own), the cooking times need to be reduced.
Celiac Disease is an inherited autoimmune disorder that affects 1:133* people. This digestive disease is triggered by the consumption of gluten - a protein found in wheat, rye and barley grains. When someone with celiac disease ingests gluten, the lining of the small intestine is damaged and important nutrients such as iron, calcium, vitamin D and folate cannot be absorbed. Gluten not only affects the gastrointestinal system but many other organ systems in the body. This can cause a wide range of symptoms that vary from one person to another. Some people can have numerous symptoms while others may only have a few symptoms.

Symptoms of celiac disease can include nausea, bloating, gas, abdominal pain, diarrhea or constipation (or both), lactose intolerance, weight loss, mouth ulcers, extreme fatigue, irritability, bone and joint pain, easy bruising of the skin, swelling of the ankles and hands, menstrual irregularities, elevated liver enzymes, migraine headaches, depression, ataxia (balance and coordination difficulties), neuropathy and a skin condition called dermatitis herpetiformis. Children may also have delayed growth, dental enamel defects and concentration and learning difficulties.

 Untreated celiac disease can lead to nutritional deficiencies including anemia and osteoporosis, infertility (in both women and men), miscarriage, development of other autoimmune disorders and intestinal cancer. The only treatment for celiac disease is a strict gluten-free diet. All forms of wheat, barley and rye must be eliminated. This includes kamut, spelt, emmer, faro, durum, triticale, semolina, bulgur and couscous, barley malt, barley malt extract, barley malt flavor, malt vinegar, as well as barley-based beer, ale and lager.

Gluten is found in a wide variety of foods such as breads and other baked goods, cereals, pastas, soups, prepared meats (e.g. luncheon meats, hot dogs, burgers, imitation seafood), sauces, salad dressings, seasonings, snack foods, flavored coffees and herbal teas, candies (e.g. licorice, chocolates, chocolate bars), as well as some supplements and medications.

*According to the Canadian Celiac Health Survey

![Pulses are naturally gluten-free, making them the perfect addition to the diets of people with celiac disease.](image)

**GLUTEN SENSITIVITY**

Some individuals may be sensitive to gluten but do not have celiac disease. This is referred to as gluten sensitivity or non-celiac gluten sensitivity (GS). Unlike celiac disease, GS is not an autoimmune disorder nor does it cause damage to the small intestine. However, symptoms are highly variable and may often be similar to celiac disease making diagnosis a challenge.

The treatment for GS is also a gluten-free diet. Further research about GS is needed in order to better understand the condition and its management.

**THE GLUTEN-FREE DIET**

Many foods are naturally gluten-free including plain meat, poultry, fish, eggs, nuts, seeds, pulses, milk, yogurt, cheese, vegetables and fruits. A variety of gluten-free grains, flours and starches can be substituted for wheat, rye and barley. A growing number of gluten-free ready-to-eat baked products, baking mixes and flours, hot and cold cereals, crackers, snack foods, entrées, soups, pastas, sauces and snack bars can be found in health food and grocery stores, as well as from online retailers.

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<th>Nutrients</th>
<th>Units</th>
<th>Black Beans</th>
<th>Navy Beans</th>
<th>Chickpea / Garbanzo Beans</th>
<th>White Lentil</th>
<th>Dehulled Split Yellow Peas</th>
<th>White Rice (Enriched)</th>
<th>Brown Rice</th>
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<tbody>
<tr>
<td>Protein</td>
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<td>Folate</td>
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</table>

Dehulled: the outer layer (hull) is removed

**NUTRITION & THE GLUTEN-FREE DIET**

Many gluten-free products are made with refined flours and starches such as white rice flour, tapioca flour, potato starch and cornstarch. These are low in fibre, protein, iron, B vitamins and other nutrients. Also, these products are not usually enriched with vitamins and minerals like gluten-containing baked items, cereals, pastas and flours. Gluten-free products are also often higher in sugar, fat and calories.

Adding pulses can boost the nutritional quality of gluten-free foods. Pulses are rich in fibre, protein, vitamins and minerals, and are low in fat - the perfect addition to the gluten-free diet! See how pulses and pulse flours compare to rice flours in the table below.

**Pulses are naturally gluten-free, making them the perfect addition to the diets of people with celiac disease.**

**Gluten free grains, flours and starches**

- Amaranth
- Arrowroot
- Buckwheat
- Corn
- Flax
- Indian rice grass (Martina™)
- Mesquite flour
- Millet
- Nut flours (almond, hazelnut, pecan)
- Potato flour
- Potato starch
- Pulse flour (bean, chickpea (garbanzo), lentil & pea)
- Quinoa
- Rice (black, brown, sweet, red, white & wild)
- Rice bran
- Rice polish
- Sorghum
- Soy
- Sweet potato flour
- Tapioca (caisava/manioc)

**Nutritional composition of pulses and white and brown rice**

(per 1 cup/250 ml cooked)

11. 12.
To measure flour, whisk it in the canister a few times to aerate it and then lightly spoon it into a measuring cup before leveling it off with a knife. Don’t use the measuring cup as a scoop; you’ll get up to 20% more flour in the recipe which can result in dry baked items.

To avoid cross-contamination with other gluten-containing grains and flours, buy gluten-free flours and pulses in sealed packages rather than in bulk bins. We used flours from Best Cooking Pulses and Bob’s Red Mill to develop the recipes in this booklet.

To replace unsalted butter with dairy-free margarine or buttery spread – both contain salt – you may need to reduce the salt in the recipe by 25%. Be sure to read the labels to make sure these dairy substitutes are appropriate for your diet.

Although low-calorie margarines or buttery spreads may be used in cooking, they are not appropriate for baking because their higher water content can upset the balance between liquid and dry ingredients.

Baking recipes work best with cow’s milk or milk substitutes made from coconut, hemp, nuts, rice, or soy. Fat-free or unsweetened versions of these dairy substitutes are not recommended because they lack enough oil and sugar necessary for pleasant taste and texture.

The high moisture content of pulse purées may require longer baking times.

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

Don’t leave gluten-free baked items in the pan to cool for too long. Lift them out of the pan and let them finish cooling on a cooling rack.

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

When baking gluten-free breads and rolls, it is important to use pans with sides or walls. This helps to keep the ‘normal’ shape of breads or rolls made without gluten. Gluten normally helps form and keep the classic round shapes of bread loaves and buns. Without the walls on the pan, the gluten-free bread or rolls you are attempting to make will most likely fall flat. Nonstick (gray, not black) metal pans are best for breads, muffins, cakes and cupcakes.

Some recipes call for the batter to sit for 10-20 minutes. The reason for doing this is to give the baking powder/soda a chance to rise.

Many gluten-free baked goods may require xanthan gum or guar gum to prevent crumbling. These gums perform the function of gluten and are essential for success, so don’t omit them.

Be sure to follow the recommended times for mixing, blending or beating. Since gluten-free baked items have no gluten, there is no worry of over-working the gluten. The extra time needed to work the batter will help the xanthan gum complete its task as a thickener and binder.

Using Pulses in Gluten-Free Baked Recipes

**Benefits of Baking with Pulses:**
- Using pulses and pulse flours in baking can boost the protein, fibre and vitamin and mineral content of foods.
- The high protein content of pulses improves the texture of baked goods.
- The high fibre content and moisture from pulses extends the shelf life of baked goods.
- Baked goods may be heavier and more dense when made with pulses, while crusts are smoother and remain fresher for a longer time.

**Where? How Much?**

**Cookies**
- ¼ tsp (1 ml) per cup (250 ml) of flour

**Cakes**
- ½ tsp (2 ml) per cup (250 ml) of flour

**Muffins, Quick Breads**
- ¾ tsp (4 ml) per cup (250 ml) of flour

**Bread**
- 1 to 1½ tsp (5 ml - 7 ml) per cup (250 ml) of flour

**Pizza**
- 2 tsp (10 ml) per cup (250 ml) of flour

**Gluten-Free Baking Tips**
- To measure flour, whisk it in the canister a few times to aerate it and then lightly spoon it into a measuring cup before leveling it off with a knife. Don’t use the measuring cup as a scoop; you’ll get up to 20% more flour in the recipe which can result in dry baked items.
- To avoid cross-contamination with other gluten-containing grains and flours, buy gluten-free flours and pulses in sealed packages rather than in bulk bins. We used flours from Best Cooking Pulses and Bob’s Red Mill to develop the recipes in this booklet.
- To replace unsalted butter with dairy-free margarine or buttery spread – both contain salt – you may need to reduce the salt in the recipe by 25%. Be sure to read the labels to make sure these dairy substitutes are appropriate for your diet.
- Although low-calorie margarines or buttery spreads may be used in cooking, they are not appropriate for baking because their higher water content can upset the balance between liquid and dry ingredients.
- Baking recipes work best with cow’s milk or milk substitutes made from coconut, hemp, nuts, rice, or soy. Fat-free or unsweetened versions of these dairy substitutes are not recommended because they lack enough oil and sugar necessary for pleasant taste and texture.
- The high moisture content of pulse purées may require longer baking times.
- Pulse flours absorb more moisture than other flours. More liquid or eggs may be necessary in baking.
- Don’t leave gluten-free baked items in the pan to cool for too long. They will get a soggy bottom. Lift them out of the pan and let them finish cooling on a cooling rack.
- Xanthan gum is a very common ingredient in gluten-free baking. Make sure to follow amounts listed exactly, as using too much could lead to chewier, denser products, while using too little could result in a crumbly product.
- Many gluten-free baked good recipes call for more than one type of flour. The reason for this is because different gluten-free flours have different ratios of proteins and starches, not to mention flavours. Combining flours helps produce optimal end products in texture and taste.
- When baking gluten-free breads and rolls, it is important to use pans with sides or walls. This helps to keep the ‘normal’ shape of breads or rolls made without gluten. Gluten normally helps form and keep the classic round shapes of bread loaves and buns. Without the walls on the pan, the gluten-free bread or rolls you are attempting to make will most likely fall flat. Nonstick (gray, not black) metal pans are best for breads, muffins, cakes and cupcakes.
- Some recipes call for the batter to sit for 10-20 minutes. The reason for doing this is to give the baking powder/soda a chance to rise.
- Many gluten-free baked goods may require xanthan gum or guar gum to prevent crumbling. These gums perform the function of gluten and are essential for success, so don’t omit them.
- Be sure to follow the recommended times for mixing, blending or beating. Since gluten-free baked items have no gluten, there is no worry of over-working the gluten. The extra time needed to work the batter will help the xanthan gum complete its task as a thickener and binder.

**Using Xanthan Gum**

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**Using Pulses in Gluten-Free Baked Recipes**

**Benefits of Baking with Pulses:**
- Using pulses and pulse flours in baking can boost the protein, fibre and vitamin and mineral content of foods.
- The high protein content of pulses improves the texture of baked goods.
- The high fibre content and moisture from pulses extends the shelf life of baked goods.
- Baked goods may be heavier and more dense when made with pulses, while crusts are smoother and remain fresher for a longer time.

**Gluten-Free Baking Tips**
- To measure flour, whisk it in the canister a few times to aerate it and then lightly spoon it into a measuring cup before leveling it off with a knife. Don’t use the measuring cup as a scoop; you’ll get up to 20% more flour in the recipe which can result in dry baked items.
- To avoid cross-contamination with other gluten-containing grains and flours, buy gluten-free flours and pulses in sealed packages rather than in bulk bins. We used flours from Best Cooking Pulses and Bob’s Red Mill to develop the recipes in this booklet.
- To replace unsalted butter with dairy-free margarine or buttery spread – both contain salt – you may need to reduce the salt in the recipe by 25%. Be sure to read the labels to make sure these dairy substitutes are appropriate for your diet.
- Although low-calorie margarines or buttery spreads may be used in cooking, they are not appropriate for baking because their higher water content can upset the balance between liquid and dry ingredients.
- Baking recipes work best with cow’s milk or milk substitutes made from coconut, hemp, nuts, rice, or soy. Fat-free or unsweetened versions of these dairy substitutes are not recommended because they lack enough oil and sugar necessary for pleasant taste and texture.
- The high moisture content of pulse purées may require longer baking times.
- Pulse flours absorb more moisture than other flours. More liquid or eggs may be necessary in baking.
- Don’t leave gluten-free baked items in the pan to cool for too long. They will get a soggy bottom. Lift them out of the pan and let them finish cooling on a cooling rack.
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**Where? How Much?**

<table>
<thead>
<tr>
<th>WHERE?</th>
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<tbody>
<tr>
<td>Cookies</td>
<td>¼ tsp (1 ml) per cup (250 ml) of flour</td>
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<tr>
<td>Cakes</td>
<td>½ tsp (2 ml) per cup (250 ml) of flour</td>
</tr>
<tr>
<td>Muffins, Quick Breads</td>
<td>¾ tsp (4 ml) per cup (250 ml) of flour</td>
</tr>
<tr>
<td>Bread</td>
<td>1 to 1½ tsp (5 ml - 7 ml) per cup (250 ml) of flour</td>
</tr>
<tr>
<td>Pizza</td>
<td>2 tsp (10 ml) per cup (250 ml) of flour</td>
</tr>
</tbody>
</table>

**Brown Rice Flour Blend**

1 ½ cups (375 ml) brown rice flour
1 ½ cups (375 ml) potato starch
1 cup (250 ml) tapioca flour (also called tapioca starch)
Blend thoroughly. Store, tightly closed, in dark, dry place.

* Recipes using this flour blend are found on pages 35, 37, 38, 39 & 43
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Recipe Notes
These recipes have been tested to make sure they will work for you and your family. You will find many quick and easy recipes along with some that require more preparation. The one thing they all have in common is that they are delicious and full of nutrients! If you would like more recipes or more information on pulses, visit pulses.org

Look for these symbols in the recipes that follow

- VC: Vegetarian Choice
- GF: Gluten Friendly
- HF: High Fibre (4 grams or more per serving)

Percent daily values (DV) are based on a 2,000 calorie diet. Recipe analyses use ¼ tsp salt when specific measurements are not included. Optional ingredients are not included in the analysis.
Pina Colada
White Bean Smoothie

Servings: 4-6
Total preparation time: 5 minutes

2 cups (500 ml) pineapple juice
1 can (400 ml) light coconut milk
⅓ cup (125 ml) mashed ripe banana
¾ cups (375 ml) crushed ice
⅓ cup (125 ml) vanilla Greek yogurt, fat free
2 tbsp (30 ml) honey
1 tbsp (15 ml) fresh lime juice
1 cup (250 ml) cooked white beans, rinsed well

1) Place all ingredients into a blender and purée until smooth.
2) Pour into glasses, garnish with a slice of lime & serve immediately.

Note: The sweetness, acidity and texture can be adjusted by adding more or less of the honey, banana, lime juice and ice. Be sure to rinse the cooked beans under water to keep their flavour neutral. If the smoothie sits for a long period of time it will separate. If this occurs, blend it quickly before serving.

Nutrients Per Serving
1 cup (250 ml)
Calories 179 kcal
Total Fat 6 g
Saturated Fat 3 g
Cholesterol 1 mg
Carbohydrates 28 g
Fibre 3.8 g
Sugar 17 g
Protein 6 g
Sodium 8 mg
Potassium 424 mg

Green Lentil Power Smoothie

Servings: 4-6

⅓ medium cucumber, chopped
1 cup (250 ml) chopped kale, spines removed
⅓ cup (185 ml) cooked green or red lentils
1 whole apple, cored and chopped
1 medium banana, peeled and chopped
⅓ cup (125 ml) cold water
⅓ cup (190 ml) crushed ice
⅓ cup (125 ml) vanilla Greek yogurt
3 tbsp (45 ml) honey
3 tbsp (45 ml) lemon juice
2 tsp (10 ml) spirulina powder (optional)

1) Place all ingredients into a blender and puree until delightfully smooth.
2) Scrape down sides and blend again. Serve immediately.

Tip: The pectin from the berries will thicken the shake the longer it sits. Plan to drink your shake soon after making it or simply add a little water to thin it out.

Nutrients Per Serving
1 cup (250 ml)
Calories 140 kcal
Total Fat 2 g
Saturated Fat 1.5 g
Cholesterol 5 mg
Carbohydrates 27 g
Fibre 4 g
Sugar 16 g
Protein 5 g
Sodium 20 mg
Potassium 273 mg

Citrus Berry Shake with Lentils

Servings: 4-6

2 cups (500 ml) ripe strawberries, chopped
1½ cups (375 ml) ripe blueberries
1 cup (250 ml) cooked red or green lentils
1 cup (375 ml) crushed ice
1 cup (190 ml) plain Greek yogurt
3 tbsp (45 ml) lemon juice
3 tbsp (45 ml) honey
2 tbsp (10 ml) vanilla extract

1) Place all ingredients into the blender and purée until delightfully smooth. Garnish with blueberries.

Recipe is from lentils.ca

Nutrients Per Serving
1 cup (250 ml)
Calories 220 kcal
Total Fat 5 g
Saturated Fat 3.5 g
Cholesterol 10 mg
Carbohydrates 38 g
Fibre 8 g
Sugar 23 g
Protein 8 g
Sodium 15 mg
Potassium 125 mg

Recipe is from lentils.ca

Did you know?
Rinsing and draining canned pulses may reduce sodium content by 40%.
Roasted Chickpea Snack
Serves 8 (200 g)

4 cups (1 L) cooked chickpeas OR 2 19 oz cans (540 ml) chickpeas, rinsed and drained 3 tbsp (45 ml) canola oil ½ cup (125 ml) preferred spices (cajun, curry, garlic...etc.)

1) Preheat oven to 400˚F (200˚C).
2) Combine all ingredients in medium bowl and spread onto parchment paper or greased cookie sheet.
3) Bake for 30 minutes. Stir.
4) Bake another 20 minutes, stirring every 5 minutes. Let cool and enjoy!

Tip: Baking on parchment paper controls sticking to pan.

Note: Some ovens may run hotter than others. Adjust the heat and baking time as needed.

Nutrients Per Serving
(¼ cup serving (25 g))
Calories 126 kcal
Fibre 3 g
Carbohydrates 15 g
Protein 5 g
Sodium 2 mg
Potassium 250 mg

Tex-Mex Bean Bites
Makes 24 regular bites (720 g)

6 large flour tortillas
1 19 oz can (540 ml) black or kidney, black OR pinto beans, rinsed & drained
1 cup (250 ml) chunky medium salsa ½ tsp (2 ml) chili powder (optional)
1 cup (250 ml) low-fat cheese OR low-fat mozzarella cheese, grated
½ cup (60 ml) fresh cilantro, chopped
Sour cream (optional)

1) Preheat oven to 350°F (180°C).
2) Using a 4-inch (10 cm) cookie cutter, cut four rounds out of each flour tortilla. Alternatively, use a 3-inch (7.5 cm) cookie cutter to make 7 rounds for mini muffin cups. Press the tortilla rounds into mini muffin cups. If the tortillas are not soft enough, carefully microwave the rounds for 15 seconds or lightly brush one side with water.
3) Bake cups for 12-15 minutes, until light golden and crisp (these can be made in advance and kept in an airtight container).
4) While cups are baking, combine the beans, salsa, chili powder, cheese and cilantro into a medium bowl.
5) For regular muffin pans, spoon ⅓ cup (75 ml) into mini cups. If the tortillas are not soft enough, carefully microwave the rounds for 15 seconds or lightly brush one side with water.
6) Place the cups on a baking sheet and bake for 8-10 minutes.
7) Serve warm with a dollop of light sour cream.

Tip: Send the kids off to school with a snack that is a high quality protein - it’s easy to make and easier to eat! Everyone will be asking for more!

Nutrients Per Serving
Per 1 regular bite (30 g)
Calories 36 kcal
Fibre 2 g
Carbohydrates 8 g
Protein 2 g
Sodium 1 mg
Potassium 100 mg

Chickpea Hummus
Serves 20 (600 g)

2 cups (500 ml) cooked chickpeas OR 1 19 oz can (540 ml) chickpeas, rinsed & drained ½ cup (80 ml) tahini paste
1 garlic clove, minced
½ cup (50 ml) lemon juice
3 tbsp (45 ml) canola oil
½ tsp (2 ml) ground cumin
1 tsp (5 ml) salt
½ cup (75 ml) water
½ tsp (2 ml) hot pepper sauce

1) Place chickpeas in a blender or food processor with tahini, garlic, lemon juice, oil, cumin and salt.
2) Purée, adding just enough water to make the mixture creamy and smooth. Use more than ½ cup water if needed.
3) Add hot pepper sauce to your liking.
4) Serve in a bowl with pita cut into wedges.

The easiest party dip that can add as much as 2 grams of fibre in every serving.

Tip: Tahini is sesame seed paste sold in the Middle Eastern food section of your grocery store. Unsalted, unsweetened, peanut butter may replace tahini.

Nutrients Per Serving
Per 2 tbsp (28 g)
Calories 44 kcal
Fibre 0 g
Carbohydrates 3 g
Protein 2 g
Saturated Fat 0 g
Sodium 1 mg

Five-Minute Dips
Serves 16 (480 g)

2 cups (500 ml) grated cheese
1 19 oz can (540 ml) black or navy beans*, rinsed & drained ½ cup (125 ml) fat-free sour cream dressing
½ tsp (2 ml) cumin* 2 garlic cloves

For lentil dip, use lentils instead of beans. For lentil dip, use 1 tsp curry powder instead of ½ tsp cumin.

1) Place all ingredients into food processor or blender. Blend to desired consistency.

Nutrients Per Serving
Per 2 tbsp (28 g)
Calories 25 kcal
Fibre 0 g
Carbohydrates 0 g
Protein 0.5 g
Saturated Fat 0 g
Sodium 1 mg

Appetizers
Beet & Bean Borscht

Makes 4 litres

3 tbsp (45 ml) canola oil
1 large onion, chopped
1 garlic clove, minced
2 carrots, diced
3 celery stalks, diced
3 cups (750 ml) green cabbage, shredded
2 cups (500 ml) dry navy or red kidney beans
1 bay leaf
1 tsp (5 ml) pepper
1 bunch parsley, chopped OR 10 dill sprigs, chopped
½ cup (125 ml) tomato juice
2 tbsp (30 ml) lemon juice
½ cup (125 ml) chicken broth
3 cups (750 ml) vegetable broth
1 tsp (5 ml) cayenne pepper
1 large yellow onion, chopped
2 large carrots, chopped
1 medium zucchini, chopped
2 tomatoes, diced
1 bunch parsley, chopped
1 tsp (5 ml) pepper
1 bay leaf

1) In a large saucepan, heat remaining oil on high. Add garlic and sauté until golden. Lower heat to medium and add carrots, celery and onion. Cook until vegetables are tender and soup has thickened. Remove bay leaf before serving.

2) In a big soup pot, sauté carrots, celery and cabbage in remaining oil (320 ml) for about 3 minutes. Add beets and stock and bring to a boil. Then reduce heat and simmer for 30 minutes.

3) Add onions and garlic, beans, tomato juice, lemon juice, pepper and parsley or dill.

4) Bring to a boil. Serve.

Nutrients Per Serving (1 cup (250 ml) / 100 ml % Daily Value)

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<th>Nutrient</th>
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<td>Fiber</td>
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Thick & Hearty Red Lentil Soup

Makes 4 litres

2 cups (500 ml) whole red lentils
¾ cup (80 ml) pot barley, dried
10 cups (2.5 L) reduced sodium beef broth
1 large yellow onion, chopped
1 bay leaf
1-19 oz can (540 ml) red kidney beans, rinsed and drained OR 1-19 oz can (540 ml) chickpeas, rinsed and drained...
1-19 oz can (540 ml) diced tomatoes
1 cup (250 ml) green cabbage, shredded
2 medium zucchini, chopped
8 cups (2 L) reduced sodium chicken or vegetable broth
1 bay leaf

1) Combine lentils, barley and beef broth in a stock pot or Dutch oven. Bring mixture to a boil, then reduce heat and simmer for 30 minutes.

2) Place ground beef into large frying pan and place over medium heat. Stir and cook until juices run clear.

3) Add ground beef, barley and the remaining vegetables, to the stock pot. Break up tomatoes with wooden spoon.

4) Bring to a boil and simmer, stirring occasionally, for 20 to 30 minutes, or until vegetables are tender and soup has thickened. Remove bay leaf before serving.

Nutrients Per Serving (1 cup (250 ml) / 100 ml % Daily Value)

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<tr>
<th>Nutrient</th>
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<td>23%</td>
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<tr>
<td>Iron</td>
<td>4 mg</td>
<td>24%</td>
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Magnificent Minestrone

Makes 6 litres

2 cups (500 ml) short pasta of your choice, cooked
2 tbsp (30 ml) canola oil
6 garlic cloves, minced
2 large carrots, chopped
3 celery stalks, chopped
1 large yellow onion, chopped
1-15 (15 ml) thyme leaves, finely chopped
1 bay leaf
1-19 oz can (540 ml) white kidney or great northern beans, rinsed and drained OR 1-19 oz can (540 ml) red kidney beans, rinsed and drained
1-19 oz can (540 ml) chickpeas, rinsed and drained
1-19 oz can (540 ml) diced tomatoes
1 cup (250 ml) green cabbage, shredded
2 medium zucchini, chopped
8 cups (2 L) reduced sodium chicken or vegetable broth
1 bay leaf

1) Cook pasta according to directions on package. Cook until al dente, drain and toss with half the oil. Set aside.

2) In a large saucepan, heat remaining oil on high. Add garlic and sauté until golden. Lower heat to medium and add carrots, celery and onion. Cook until soft, stirring often, about 10 minutes. Add thyme and bay leaf and raise heat to high. Add beans, chickpeas, tomatoes, cabbage, zucchini and bay leaf. Add chicken stock and bring to a boil.

3) Lower heat and simmer for 15-20 minutes, skimming foam from top.

4) Season with pepper and remove bay leaf. Add cooked pasta and enjoy!
### Zesty Gazpacho
Makes 4-6 portions
1½ cups (375 ml) tomato juice
1½ cups (375 ml) chopped ripe tomato
1 cup (250 ml) cooked whole lentils
1 cup (250 ml) chopped red bell pepper
1 cup (250 ml) chopped cucumber
1 tsp (5 ml) chopped jalapeno pepper
2 tbsp (30 ml) chopped shallot
2 tbsp (30 ml) lemon juice
2 tsp (10 ml) chopped garlic
2 tsp (10 ml) hot sauce
to taste; sea salt

1) Place all ingredients except the salt in a blender and process until smooth in consistency.
2) Season to taste with salt and reserve in the fridge for 2-4 hours. (optional)
3) Before serving, season with salt and hot pepper if needed.
4) Garnish each bowl with a dollop of sour cream and fresh cilantro (optional).

### Greek Lentil Salad
Serves 10 (1 kg)
1-19 oz can (540 ml) lentils, rinsed and drained
½ cup (125 ml) kalamata olives
½ cup (125 ml) onion, chopped
1½ cups (375 ml) grape tomatoes, halved
½ cup (125 ml) green peppers, chopped
1 cup (250 ml) cucumber, diced
½ cup (60 ml) feta cheese, crumbled
½ cup (60 ml) fresh parsley, chopped
½ cup (60 ml) olive oil
1 tbsp (15 ml) dried oregano

1) In a large bowl, combine lentils, olives, onion, tomatoes, green peppers, cucumber, feta cheese and parsley.
2) Whisk oil, lemon juice and oregano 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.

### Chickpea Pasta Salad
Serves 13 (1.82 kg)
4 cups (1 L) cooked corkscrew pasta, drained and cooled
1-19 oz can (540 ml) chickpeas, rinsed and drained
1½ cups (375 ml) celery, chopped
1½ cups (375 ml) carrot, coarsely shredded
1½ cups (375 ml) sweet red pepper, chopped
4 green onions, finely chopped
½ cup (60 ml) feta cheese, crumbled
½ cup (80 ml) light Greek salad dressing

Note: Gluten friendly if you use gluten free pasta.

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

### Black Bean & Corn Summer Salad
Serves 10 (1 kg)
1-19 oz can (540 ml) black beans, rinsed and drained
2 cups (500 ml) frozen corn niblets, thawed
1½ cups (375 ml) fresh cilantro, 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 a large bowl. Serve.

This salad packs a whopping 5 grams of fibre per serving.
Mixed Pulse Salad with Cider Maple Vinaigrette

Serves 8-10 (8 cups prepared)  
Preparation time: 10 minutes  Total time: 20 minutes

1 cup (250 ml) cooked black beans
1 cup (250 ml) cooked green lentils
1 cup (250 ml) cooked chickpeas
1½ cups (375 ml) cooked pearl barley
2 cups (500 ml) baby arugula (or spinach)
1½ cups (375 ml) diced red bell pepper
½ cup (125 ml) dried cranberries, chopped
2 tbsp (30 ml) finely sliced green onion

VINAIGRETTE
¼ cup (60 ml) apple cider vinegar
¼ cup (60 ml) canola oil
2 tbsp (30 ml) maple syrup
1 tbsp (15 ml) whole grain mustard
to taste salt & ground black pepper

1) Toss prepared pulses, barley, arugula, pepper, cranberries and onion together in a large bowl.
2) Whisk all vinaigrette ingredients in a small bowl until fully combined.
3) Toss the prepared vinaigrette with the salad. Season with salt and ground black pepper to taste.
4) Garnish with toasted sunflower seeds and enjoy.

Nutrients Per Serving

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<tr>
<td>Protein</td>
<td>7 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>274 mg</td>
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Quinoa & Lentil Salad Wraps

Serves 15 (1.82 kg)

2 cups (500 ml) cooked quinoa
1 cup (250 ml) cooked whole red or green lentils
1 whole large red bell pepper, diced
½ head small radicchio, thinly sliced
½ cup (60 ml) toasted pumpkin seeds
1 cup whole green onion, finely sliced
3 tbsp (45 ml) seasoned rice wine vinegar
2 tbsp (30 ml) chopped fresh cilantro
2 tbsp (30 ml) lemon juice
1 tbsp (15 ml) olive oil
2 tbsp (10 ml) whole grain mustard
½ head iceberg lettuce, leaves separated

1) Place all ingredients (minus the lettuce) in a bowl and combine.
2) Fill the lettuce leaves with the salad as you eat and enjoy.

Nutrients Per Serving

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<th></th>
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</tr>
<tr>
<td>Sodium</td>
<td>274 mg</td>
</tr>
</tbody>
</table>

Did you Know?
Canadian pulse crops are not genetically modified.

Recipe is from pulse.ab.ca

Green Split Pea Salad with Rice & Cranberries

Serves 4-6

1 cup (250 ml) cooked brown rice
1 cup (250 ml) cooked green split peas
½ cup (125 ml) red onion, minced
½ cup (60 ml) dried cranberries
½ cup (60 ml) toasted sunflower seeds (optional)

DRESSING
1 tbsp (15 ml) canola oil
1 tsp (5 ml) sesame oil
2 tbsp (30 ml) white wine vinegar
½ tsp (2 ml) Dijon mustard
½ tsp (1 ml) dried tarragon
to taste; cracked black pepper

1) Cook rice and green split peas according to package directions, drain, and rinse.
2) Place the rice in a large bowl. Add split green peas, minced onion, cranberries and walnuts (optional).
3) Make the salad dressing and pour over the salad. Serve on a bed of lettuce as an option.

Recipe is from lentils.ca

Nutrients Per Serving

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<td>7 g</td>
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<tr>
<td>Sodium</td>
<td>25 mg</td>
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Soups & Salads  26.
Crêpes
Makes 8-10 crêpes

1. In medium bowl, whisk egg, milk and milk mixture and whisk until smooth with no lumps.
2. Heat an 8-10 non-stick crêpe pan over medium heat and lightly grease. Using a ¼ cup (50 ml) measure, scoop batter into hot pan over medium heat and lightly grease. Using a ¼ cup (50 ml) measure, scoop batter into hot pan.
3. Cook crêpe for about 30 seconds, until bubbles show. Loosen with a spatula, turn and cook the other side. Can be served plain or with various toppings—cream cheese and smoked salmon are delicious.

4. Cook the crêpe for about 30 seconds, until bubbles show. Loosen with a spatula, turn and cook the other side. Can be served plain or with various toppings—cream cheese and smoked salmon are delicious.

Mains & Accompaniments

1) In a medium frying pan, cook ground beef with onions and garlic over medium-high heat until beef is browned. Drain excess juice.
2) Put beef into slow cooker. Add rest of ingredients and stir until mixed.
3) Place racks in bottom and middle positions of oven. Preheat oven to 375°F (190°C). Dissolve yeast and sugar in warm milk for 5 minutes. Generously grease a 12-inch nonstick metal pizza pan.
4) In a medium bowl, whisk together white bean flour, tapioca flour, 2 tsp (10 ml) xanthan gum, salt and Italian seasoning. Add yeast-milk mixture and beat with an electric mixer on medium-low until thoroughly blended. Dough will be very soft and sticky.
5) Bake at 375°F (180°C) for 15 minutes. Generously grease a 12-inch nonstick metal pizza pan.

Mexicana Chili
Serves 12 (3.5 kg)

1 lb (454 g) lean ground beef
1 cup (250 ml) warm milk
1½ cups (375 ml) chunky salsa
1½ cups (375 ml) tomato sauce
2 tsp (10 ml) ground cumin
2 tsp (10 ml) chili powder
1 tsp (5 ml) cumin
Canola oil

Note: This recipe can be modified for sweet fillings such as fruit or jam. Instead of the parsley, parmesan, salt and pepper, add 1½ cups (375 ml) salsa

Black Bean Pizza
Serves 12 (3.5 kg)

1 purchased thin pizza crust (12'-14'/30-35 cm in diameter)
1¼ cup (300 ml) canned black beans OR GF Pizza Crust to the left.
1 - 16 oz can (398 ml) black beans, rinsed and drained
½ cup (165 ml) celery
1 tsp (5 ml) cumin
1 tsp (5 ml) chili powder
1 garlic clove, minced

Did you know?
Polish apple pie or the most sustainable fruit pie in the world.
**Chunky Tomato Sauce with Lentils**

**Serves 8-10**

1) In a large pot sauté the onions in oil until golden on medium heat. Add the mushrooms and garlic and sauté for another 5 minutes.

2) Add broth, spaghetti sauce, chickpeas, pasta, pepper and bring to a boil. 

3) Skin chicken pieces and set aside. If using sausage, halve it lengthwise and cut into bite size pieces.

4) In a 4-quart (3.78 litre) slow cooker combine carrots, celery and onion. Arrange chicken and sausage over vegetables. Pour bean mixture over chicken and sausage.

5) Cover and cook on low-heat setting for 10-12 hours or on high-heat for 6-8 hours. Serve.

4) Shake moistened vegetables or meat, fish fillets before frying or baking to get a crisp, crunchy texture.

**Nutrients Per Serving**

<table>
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<tr>
<th>Nutrient</th>
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<td>Fat</td>
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<td>Carbohydrates</td>
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<tr>
<td>Fiber</td>
<td>7 g</td>
<td>28%</td>
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**Gluten-Free Shake & Bake**

**Makes 1 cup.** Use for coating vegetables, chicken, minute steaks or fish fillets before frying or baking to get a crisp, crunchy texture.

1) Boil soaked beans for 10-12 minutes. Drain and set aside.

2) In a small bowl, whisk all the ingredients together until well blended. Pour into a shaker bag (brown paper bag or gallon re-sealable plastic bag) or put the mix in a wide, shallow bowl and coat the food in it.

3) Preheat oven or frying oil. Moisten vegetables or meat with water.

4) Shake moistened vegetables or meat, 1 to 2 pieces at a time, in shaker bag. Discard any remaining mix and bag.

5) Fry foods or bake them at 400°F (205°C) in an unwrapped or foil-lined baking pan until cooked through. Do not cover or turn food during baking.

**Nutrients Per Serving**

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<th>Nutrient</th>
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**For a complete meal, serve with brown rice & fruit for dessert.**

**Chicken Cassoulet**

**Serves 8 (2 kg)**

1 cup (250 ml) dry navy beans, soaked according to package

1 medium Polish sausage, cooked (optional)

1/2 tsp (2 ml) paprika

1/2 tsp (2 ml) garlic powder

1/2 tsp (1 ml) parsley

1/2 tsp (1 ml) freshly ground black pepper

1) In a medium bowl, combine carrots, celery and onion. Arrange chicken and sausage over vegetables. Pour bean mixture over chicken and sausage.

2) Cover and cook on low-heat setting for 10-12 hours or on high-heat setting for 6-8 hours. Serve.

**Nutrients Per Serving**

<table>
<thead>
<tr>
<th>Nutrient</th>
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</tr>
<tr>
<td>Fiber</td>
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<td>28%</td>
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**Chicken & Chickpea Stew**

**Serves 13 (1 cup (250g))**

1 tbsp (15 ml) canola oil

2 celery stalks, chopped

2 carrots, diced

1 onion, chopped

2 garlic cloves, minced

4 cups (1 L) low sodium chicken broth

1-19 oz can (540 ml) tomatoes, halved

1-10 oz can (284 ml) tomato juice

1 medium Polish sausage, cooked (optional)

1/2 tsp (2 ml) paprika

1/2 tsp (2 ml) garlic powder

1/2 tsp (1 ml) parsley

1/2 tsp (1 ml) freshly ground black pepper

1) In a large sauce pan heat oil over medium heat. Add celery, carrot and onion and sauté until tender. Add garlic and cook about 1 minute, stirring constantly.

2) Add broth, spaghetti sauce, chickpeas, kidney beans, pasta, pepper and bring to a boil.

3) Reduce heat to low-medium and simmer until pasta is tender, about 10-12 minutes. Add chicken to pan and cook 5-8 minutes until chicken is done.

4) Sprinkle with parmesan cheese and serve.

**Did you know?** In the 18th century, roasted chickpeas were said to be brewed as a substitute for coffee in Europe.
**Lazy Perogy**

Preparation time: 1 hour / Cooking time: 1 hour 30 minutes

Serves 6

- 1 cup (257 ml) potatoes, mashed
- 4 cups (375 ml) milk
- 1/4 tsp salt
- 1-1/2 cups (375 ml) grated cheddar cheese
- 1 egg
- 1/4 cup (60 ml) green onion, diced
- 1/4 cup (60 ml) sour cream
- 1/8 recipe (100 g) gluten-free bread crumbs

Instructions:
1. Preheat oven to 350°F (180°C).
2. Spray a 9x13 baking dish with a non-stick vegetable spray.
3. In a bowl combine potatoes, mashed potatoes, cheddar cheese, green onion, egg, salt and pepper. Add sour cream and mix well.
4. Place lasagna noodles on the pan bottom. Spread bean mixture over first layer of noodles and cover with next layer of noodles. Spread cottage cheese mixture over second layer of noodles. Cover with the last of the noodles.
5. In a skillet, sauté onion in margarine until translucent. Remove from heat and spread over final layer of noodles.
6. Cover with foil and bake on middle oven rack for 1¼ hours.
7. Bake until nicely browned or until an instant-read thermometer registers 165°F (74°C) degrees when inserted into the center of the loaf, about 40 to 45 minutes. Serve immediately.

**Meatloaf**

Serves 4

1 can (8 oz) tomato sauce
1/4 cup (60 ml) packed brown sugar
1 tsp (5 ml) dry mustard
1/2 tsp (2 ml) chili powder
1/2 tsp (1 ml) ground cloves
1 garlic clove, minced
1 tbsp (15 ml) gluten-free worcestershire sauce
1/4 cup (50 g) extra lean ground beef

Instructions:
1. Preheat oven to 350°F (180°C). Lightly grease a 8x8-inch square pan. In a small bowl, whisk together the tomato sauce, brown sugar, mustard, chili powder, cloves, and worcestershire sauce until well blended.
2. In a large bowl, whisk together half of the tomato mixture, the egg, lentil or bean purée, bread crumbs, onion, salt and pepper until well blended. Add the ground beef and mix with a spatula or with your hands until well blended.
3. Bake until nicely browned or until an instant-read thermometer registers 165°F (74°C) degrees when inserted into the center of the loaf, about 40 to 45 minutes. Serve immediately.

**Black Bean Burgers**

Serves 4

- 1-1/2 lbs (680 g) extra-lean ground beef
- 1/4 tsp salt
- 1/2 tsp (2 ml) ground oregano
- 1 garlic clove, minced
- 1/4 tsp (1 ml) chili powder
- 1/2 cup (60 ml) bread crumbs
- 1 can (8 oz) tomato paste
- 3 cups (750 ml) water

Instructions:
1. Mash 1/3 of the beans.
2. In a large non-stick skillet, cook beef, onions and garlic over medium heat, about 6 minutes or until beef is no longer pink and onions are translucent. Spoon off excess fat.
3. In a small bowl, combine remaining beans with a potato masher or fork. Add rice, onions, Tabasco sauce if desired, egg, bread crumbs and two tablespoons of salsa. Mix well.
4. Divide mixture into 4 and form into patties that are about 1 inch thick.
5. Preheat oven to 350°F (180°C).
6. Spread 1/4 cup of meat sauce over bottom of 10x13 inch baking/lasagna dish. Set 1 cup of sauce aside.
7. In a small bowl, combine remaining salsa and yogurt. Serve with lettuce and avocado (if desired) as a condiment to your burger.

**Bean Lasagna**

Serves 8

- 2 cups (500 ml) cooked red kidney beans
- 1/2 cup (125 ml) lentil or bean purée
- 1/2 cup (50 g) dried ground oregano
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) pepper
- 1 large egg
- 1/2 cup (60 ml) gluten-free bread crumbs
- 1 cup (250 ml) brown rice, cooked

Instructions:
1. In a large bowl, coarsely mash 3/4 of the beans.
2. In medium bowl, combine egg with cottage cheese and mix well.
3. In a large bowl, whisk together half of the tomato mixture, the egg, lentil or bean purée, bread crumbs, onion, salt and pepper until well blended. Add the ground beef and mix with a spatula or with your hands until well blended.
4. Place the mixture in the pan and spread the remaining tomato mixture on top.
5. Bake until nicely browned or until an instant-read thermometer registers 165°F (74°C) degrees when inserted into the center of the loaf, about 40 to 45 minutes. Serve immediately.

**Nutrients Per Serving**

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<th>Nutrient</th>
<th>Calories</th>
<th>Protein</th>
<th>Fat</th>
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<tr>
<td>Per g</td>
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**Preparation time: 25 minutes / Cooking time: 15 minutes**
Recipe is from pulse.ab.ca

Ocean Perch with Citrus Lentil Herb Sauce

Serves 8

- ¾ cup (175 ml) chopped fresh cilantro
- ¾ cup (175 ml) chopped fresh parsley
- ½ cup (125 ml) canola oil
- ¼ cup (60 ml) cooked red lentils

Nutrients Per Serving (Per 2/3 cup (150 g))
- Calories: 135 kcal
- Protein: 6 g
- Carbohydrates: 39 g
- Cholesterol: 0 mg
- Fat: 6 g
- Sodium: 161 mg
- Iron: 3 mg
- Potassium: 700 mg
- Vitamin C: 13 mg
- Calcium: 75 mg
- Folate: 233 mcg
- Cholesterol: 0 mg
- Saturated Fat: 1 g
- Total Fat: 6 g
- Calories: 255 kcal
- Protein: 14 g
- Carbohydrates: 39 g
- Cholesterol: 0 mg
- Fat: 6 g
- Sodium: 161 mg
- Iron: 3 mg
- Potassium: 700 mg
- Vitamin C: 13 mg
- Calcium: 75 mg
- Folate: 233 mcg
- Cholesterol: 0 mg
- Saturated Fat: 1 g
- Total Fat: 6 g

Garlic & Herb Whipped Potatoes with White Kidney Beans

Serves 6-8

- 5 cups (1.25 L) medium diced white potatoes
- 1 tbsp (15 ml) unsalted butter
- 3 cloves minced garlic
- 1 tsp (5 ml) fresh thyme
- ¼ cup (60 ml) chopped cilantro
- ⅔ cup (150 ml) low-sodium vegetable or chicken broth

Nutrients Per Serving (Per 2/3 cup (150 g))
- Calories: 127 kcal
- Protein: 6 g
- Carbohydrates: 24 g
- Cholesterol: 0 mg
- Fat: 3 g
- Sodium: 383 mg
- Iron: 14%
- Potassium: 10%
- Folate: 21%
- Vitamin C: 22%
- Calcium: 7%
- Folate: 14%

Three Bean Bake

Serves 12 (1.68 kg)

- 1-14 oz can (398 ml) baked beans in tomato sauce
- 1-14 oz can (398 ml) lima beans, rinsed and drained
- 1-14 oz can (398 ml) kidney beans, rinsed and drained
- 2 cups (500 ml) onion, chopped
- 1 cup (250 ml) green pepper, chopped
- 2 garlic cloves, minced
- 2 tbsp (30 ml) canola oil
- 1 tbsp (15 ml) all-purpose flour
- 2 tbsp (30 ml) reduced sodium soy sauce
- ¼ cup (60 ml) ground ginger
- ¼ tsp (1 ml) chili pepper

Quick Pulse Tip:
When soaking beans, you can check if they are ready to cook by cutting one in half. They are ready to be cooked!

Refried Pinto Beans

Serves 3 (450 g)

- 1 tbsp (15 ml) canola oil
- ½ small onion, chopped
- 2 garlic cloves, minced
- 1 tsp (5 ml) chili powder
- 1 tsp (5 ml) cumin
- 1 cup (500 ml) low sodium vegetable or chicken broth
- 2 tbsp (30 ml) reduced sodium soy sauce
- 1/4 tsp (1 ml) ground ginger

Nutrients Per Serving (Per 2/3 cup (150 g))
- Calories: 209 kcal
- Protein: 10 g
- Carbohydrates: 36 g
- Cholesterol: 0 mg
- Fat: 9 g
- Sodium: 593 mg
- Iron: 16%
- Potassium: 1000 mg
- Folate: 51%
- Vitamin C: 428 mg
- Calcium: 128 mg
- Folate: 14%
1/2 cup (125 ml) unsalted butter or buttery spread
1 cup (250 ml) milk of choice, room temperature
2 large eggs, room temperature
1/8 tsp (dash) baking soda
1/2 tsp (2 ml) table salt
1 tsp (5 ml) xanthan gum
2 tsp (10 ml) baking powder
1/3 cup (80 ml) sugar
1/3 cup (80 ml) brown rice flour blend (see page 14)
white bean flour
1/2 cup (125 ml)
1 cup (250 ml) gluten-free cornmeal

Makes 9 servings

Cornbread

Preparation time: 10 minutes / Baking time: 20-25 minutes

Preparation time: 5 minutes / Cooking time: 14-16 minutes

Baked Biscuits

Makes 15 servings (606 g)

1 1/2 cups (425 ml) all-purpose flour
1 tbsp (15 ml) baking powder
1 tbsp (15 ml) white sugar
Dash salt
1/4 cup (60 ml) soft margarine, unsalted
1/4 cup (165 ml) lentil purée
1/4 cup (165 ml) 1% milk

Preparation time: 15 minutes / Cooking time: 14-16 minutes

Black Bean Brownies

Makes 16 servings

Preparation time: 10 minutes
Baking time: 30-35 minutes

1/2 cup (125 ml/1 stick) unsalted butter or buttery spread
1/2 cup (185 ml/about 6 oz) bittersweet chocolate chips
1/2 cups (310 ml) sugar
3 large eggs, room temperature
1/2 cup (125 ml) black bean flour
1/2 cup (60 ml) cocoa
1 tsp (2 ml) xanthan gum
1 tsp (2 ml) table salt
1/4 cup (60 ml) chopped walnuts or pecans (optional)

1) Place a rack in the middle of the oven. Preheat the oven to 350ºF (180ºC). Line a 9x9-inch square nonstick metal baking pan with parchment paper, leaving a 2-inch overhang on all sides.

2) In a microwave-safe mixing bowl, heat the butter and chocolate chips in low power until the chips are melted. Stir until blended, then beat in the sugar with an electric mixer on low speed. Beat in the eggs, one at a time, until well blended.

3) In a small bowl, whisk together the bean flour, cocoa, xanthan gum and salt until well blended and then gradually beat it into the chocolate mixture on medium-low speed until no flour is visible. Stir in the nuts (if desired). Spread the batter in the pan with a spatula. This batter is very thick.

4) Bake until the brownies feel firm to the touch, about 30 to 35 minutes. Do not over-bake. Cool the brownies in the pan on a wire rack for 10 minutes. Use the parchment overhang to transfer the brownies from the pan to the wire rack to finish cooling. Remove the parchment and cut into 16 squares.

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**Nutrients Per Serving**

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**Nutrients Per Serving**

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<td>Protein: 3 g</td>
</tr>
<tr>
<td>1 piece (50g)</td>
<td>1%</td>
</tr>
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</table>
### Pumpernickel Bread
Makes 12 servings (1 slice)

- 2 ½ cups (575 ml) rye flour
- 1 tsp (5 ml) salt
- 1 tsp (5 ml) caraway seeds
- 1 tsp (5 ml) caraway seeds
- 1 tsp (5 ml) yeast
- 1 cup (250 ml) wheat germ
- 1 cup (250 ml) milk
- 1 cup (250 ml) brown sugar
- 1 cup (250 ml) molasses
- 1 cup (250 ml) water

**Nutrients Per Serving**

- Calories: 255 kcal
- Fat: 4 g
- Saturated Fat: 1 g
- Cholesterol: 0 mg
- Sodium: 52 mg
- Carbohydrates: 39 g
- Protein: 3 g

**Preparation**

1. Place rack in middle of oven. Preheat oven to 375ºF (190ºC).
2. Generously grease a 9x5-inch nonstick loaf pan.
3. Place dough in the pan and smooth the top with a wet spatula.
4. Bake for 60 to 70 minutes or until an instant-read thermometer registers 210ºF (100ºC) when inserted into the center of the loaf. Let stand for 10 minutes.
5. Remove bread from pan and cool completely on the wire rack.

### Blueberry Lemon Quick Bread
Makes 12 servings

- 1 tsp (5 ml) baking powder
- 1 tsp (5 ml) xanthan gum
- 1 cup (250 ml) milk of choice, plus 1 tbsp for topping (optional)
- 1 cup (250 ml) fresh or canned pumpkin
- 1 tsp (5 ml) vanilla extract
- 1 tsp (5 ml) baking powder
- 1 tsp (5 ml) xanthan gum

**Nutrients Per Serving**

- Calories: 179 kcal
- Fat: 11 g
- Saturated Fat: 1 g
- Cholesterol: 0 mg
- Sodium: 259 mg
- Carbohydrates: 34 g
- Protein: 4 g

**Preparation**

1. Place rack in middle of oven. Preheat oven to 350ºF (180ºC).
2. Generously grease an 8x4-inch loaf pan. Lined with parchment paper.
3. Add the eggs, honey, oil, bananas and vanilla and beat with an electric mixer on low speed until blended.
4. Increase speed to medium and beat another 30 seconds. Stir in nuts (if desired). Spread batter evenly in pans. Let stand for 10 minutes.
5. Bake for 50 to 60 minutes or until an instant-read thermometer registers 200ºF (100ºC) when inserted into the center of the loaf. Do not under bake. Cover the bread with a foil tent after 20 minutes of baking to reduce over browning.

### Pumpkin Bread
Makes 12 servings

- 1 tsp (5 ml) baking powder
- 1 tsp (5 ml) xanthan gum
- 1 cup (250 ml) milk of choice, plus 1 tbsp for topping (optional)
- 1 cup (250 ml) fresh or canned pumpkin
- 1 tsp (5 ml) vanilla extract
- 1 tsp (5 ml) baking powder
- 1 tsp (5 ml) xanthan gum

**Nutrients Per Serving**

- Calories: 203 kcal
- Fat: 11 g
- Saturated Fat: 1 g
- Cholesterol: 0 mg
- Sodium: 136 mg
- Carbohydrates: 23 g
- Protein: 3 g

**Preparation**

1. Place rack in middle of oven. Preheat oven to 375ºF (190ºC).
2. Generously grease an 8x4-inch nonstick metal loaf pan. Pans can also be lined with parchment paper.
3. In a medium mixing bowl, whisk together the yellow pea flour, rice flour blend, baking powder, sugar, pumpkin pie spice, xanthan gum and salt until well blended.
4. Add eggs, oil, milk, pumpkin, rice flour blend and sugar to the flour mixture. Stir until well blended.
5. Spread batter evenly in pans. Let stand for 10 minutes.
6. Bake for 60 to 70 minutes or until a toothpick inserted into the center comes out clean, about 55 to 60 minutes. Lay a sheet of foil over loaf after first 20 to 30 minutes to prevent over browning. Cool in pan on a wire rack for 10 minutes, then remove bread from pan and cool completely on the wire rack.

### Banana Bread Mini Loaves
Makes 12 servings

- 1 tsp (5 ml) baking powder
- 1 tsp (5 ml) xanthan gum
- 1 cup (250 ml) milk of choice, plus 1 tbsp for topping (optional)
- 1 cup (250 ml) fresh or canned pumpkin
- 1 tsp (5 ml) vanilla extract
- 1 tsp (5 ml) baking powder
- 1 tsp (5 ml) xanthan gum

**Nutrients Per Serving**

- Calories: 240 kcal
- Fat: 11 g
- Saturated Fat: 1 g
- Cholesterol: 0 mg
- Sodium: 104 mg
- Carbohydrates: 35 g
- Protein: 3 g

**Preparation**

1. Place rack in middle of oven. Preheat oven to 350ºF (180ºC).
2. Generously grease 8x4-inch nonstick metal loaf pan.
3. Generously grease 8x4-inch nonstick loaf pan.
4. In a medium mixing bowl, whisk together the yellow pea flour, rice flour blend, baking powder, sugar, pumpkin pie spice, xanthan gum and salt until well blended.
5. Add eggs, milk, pumpkin, oil and vanilla and beat with an electric mixer on low speed until blended.
6. Increase speed to medium and beat another 30 seconds. Stir in nuts (if desired). Spread batter evenly in pans. Let stand for 10 minutes.
7. Bake until loaves are browned and a toothpick inserted into the center comes out clean, about 35 to 40 minutes. Lay a sheet of foil over loaves after the first 15 minutes to prevent over browning. Cool in pan on a wire rack for 10 minutes, then remove bread from pans and cool completely on the wire rack.
Savoury Mediterranean Muffins
Makes 12 servings
1 cup (250 ml) yellow pea flour
1 cup (250 ml) brown rice flour blend (see page 14)
½ cup (60 ml) sugar
1 tsp (5 ml) xanthan gum
1 ½ tsp (7 ml) xanthan gum
½ tsp (5 ml) baking powder
1 tbsp (15 ml) dried minced onion
1 tbsp (15 ml) grated parmesan cheese or substitute of choice
10 more minutes on the wire rack.
Generously grease a standard 12-cup nonstick metal muffin pan.
1) Place a rack in the middle of the oven. Preheat the oven to 375ºF (190ºC) degrees. Generously grease a standard 12-cup nonstick muffin pan or line with paper liners.
2) In a medium mixing bowl, whisk together the yellow pea flour, rice flour blend, sugar, baking powder, onion, parmesan, oregano, thyme, garlic and salt until well blended. With an electric mixer on low speed, beat in the milk, oil, eggs and nut until batter thickness slightly, about 30 seconds. Stir in tomatoes and olives.
3) Fill muffin pan with batter, filling the cups about 1/2 full. Let stand for 10 minutes.
4) Bake until muffins are brown and a toothpick inserted into the center comes out clean, about 20 to 25 minutes. Cool muffins in the pan; cool 10 minutes on the wire rack. Serve slightly warm.

Cranberry Orange Muffins
Makes 12 servings
¾ cups (185 ml) brown rice flour blend (see page 14)
½ cup (185 ml) yellow pea flour
2 large eggs, at room temperature
½ cup (125 ml) canola oil
1 tsp (5 ml) vanilla sugar
½ tsp (2 ml) ground cinnamon
1 ½ tsp (7 ml) xanthan gum
1 tsp (5 ml) baking powder
Generously grease a standard 12-cup nonstick metal muffin pan.
1) Place a rack in the middle of the oven. Preheat the oven to 375ºF (190ºC) degrees. Generously grease a standard 12-cup nonstick muffin pan or line with paper liners.
2) In a medium mixing bowl, whisk together the yellow pea flour, rice flour blend, sugar, baking powder, onion, parmesan, oregano, thyme, garlic and salt until well blended. With an electric mixer on low speed, beat in the milk, oil, eggs and nut until batter thickness slightly, about 30 seconds. Stir in the cranberries and nuts (if desired). Divide the batter evenly in the pan and sprinkle with the remaining 2 tsp (10 ml) of sugar.
3) Bake until the muffins are lightly browned and a toothpick inserted into the center comes out clean, about 25 to 30 minutes. Cool the muffins in the pan for 10 minutes on a wire rack, then transfer the muffins to the wire rack to cool for another 10 minutes. Serve slightly warm.

Breadsticks
Makes 10 breadsticks
1 tsp (5 ml) vanilla sugar
¾ cup (95 ml) brown sugar
1 tbsp (15 ml) olive oil
1½ tsp (7 ml) xanthan gum
1½ tsp (7 ml) xanthan gum
1 cup (250 ml) canola oil
⅔ cup (165 ml) berry preserves or berry jam
1) Preheat oven to 400ºF (205ºC) for 10 minutes; then turn it off. Dissolve yeast and sugar in 1 cup (250 ml) of milk and let stand 5 minutes. Grease a 10-inch baking sheet or line with parchment paper.
2) In a medium bowl, beat yeast-milk mixture, bean flour, cornstarch, parmesan cheese, oil, xanthan gum, onion powder and salt on medium speed for 30 seconds. Dough will be soft and sticky.
3) Place dough in a gallon (4 quarts or 3.75 L), heavy-duty plastic freezer bag. Seal tightly. Let rise at room temperature for 24 hours or until double in volume.
4) Bake 20 to 30 minutes or until the top is lightly browned. Cool bars on a wire rack. Use the foil handles to lift the bars onto a cutting board. Cool completely before cutting.

Oatmeal-Berry Bars
Makes 16 squares
¾ cup (125 ml) brown sugar
¾ cup (125 ml) pure maple syrup
1 tsp (5 ml) vanilla extract
1 tsp (5 ml) vanilla extract
1 cup (250 ml) oat bran
1 cup (250 ml) peanut butter
1 cup (250 ml) peanut butter
1 cup (250 ml) white rice flour
1 cup (250 ml) white rice flour
½ cup (125 ml) canola oil
1 cup (250 ml) canola oil
1 ½ tsp (7 ml) xanthan gum
1 ½ tsp (7 ml) xanthan gum
1 ½ tsp (7 ml) baking powder
1 ½ tsp (7 ml) baking powder
1 tsp (5 ml) ground cinnamon
1 tsp (5 ml) ground cinnamon
1 cup (250 ml) mixed berries
1 cup (250 ml) mixed berries
1) Preheat oven to 350ºF (180ºC). Line an 8-inch square nonstick pan with foil that extends over the edges to make handles for easy removal. Grease the foil.
2) In a medium mixing bowl, whisk together the white bean flour, oats, sugar, xanthan gum, cinnamon, allspice and salt until thoroughly blended. Add the melted butter and 1 tsp (5 ml) of the vanilla and mix with a spatula until crumbly. Press 1 cup (250 ml) of this mixture firmly and evenly on the bottom of the pan.
3) Mix the remaining top of vanilla with the preserves and spread evenly on top. Sprinkle the remaining oat mixture over the preserves and pat firmly to make an even crust.
4) Bake 20 to 25 minutes or until the top is lightly browned. Cool bars in pan for 10 minutes on a wire rack. Use the foil handles to lift the bars onto a cutting board. Cool completely before cutting.
## Lentil Granola Bars
Makes 35 bars (1.05 kg)

1. Place rack in centre of oven. Preheat oven to 350°F (180°C).

2. In medium bowl, mix coconut, ½ tsp (2 ml) cinnamon, ⅓ cup (80 ml) pellet-like bran cereal, 1 cup (250 ml) brown sugar, lightly packed

3. Add lentil purée, oil, egg and vanilla. Mix until dry ingredients are just moistened.

4. Spread over a 9 x 13-inch glass or metal baking pan with a lip. Bake 30 minutes, or until lightly browned. While bars are still warm, drizzle chocolate over top and cut into 35 bars.

## Apple Crisp
Makes 6 servings

1) Place a rack in the middle of the oven. Preheat the oven to 350°F (180°C).

2) Peel, core and thinly slice the apples. In a large bowl, toss the apples with the lemon zest and juice, sugar and vanilla. Place in the baking dish.

3) In the same bowl, whisk the chickpea flour, brown sugar, granulated sugar, walnuts (if desired), cinnamon, nutmeg, cloves and salt. Add lentil purée and eggs and beat with an electric mixer on low speed until blended. Add applesauce, oil, molasses, and vanilla and beat until thoroughly blended. Spread batter evenly in pans.

4) Bake 30 to 35 minutes or until toothpick inserted into center of cakes comes out clean. Cool cakes in pans 10 minutes on wire rack. Remove cakes from pans with thin metal spatula, discard parchment paper, and cool completely on a wire rack.

5) Decorate with vanilla frosting if desired. Cut and serve.

## Applesauce Spice Layer Cake
Makes 12 servings

1 cup (250 ml) brown rice flour blend (see page 14)
½ cup (60 ml) cane sugar
½ tsp (2 ml) xanthan gum
1 tsp (5 ml) baking soda
1 tsp (5 ml) ground cinnamon
⅔ cup (165 ml) shredded coconut
⅓ cup (80 ml) molasses (not blackstrap)
1 tsp (5 ml) vanilla
Vanilla frosting (optional)

1) Place rack in middle of oven. Preheat oven to 350°F (180°C). Generously grease two 8-inch round nonstick metal pans. Line each with parchment paper or wax paper and grease again.

2) In medium mixing bowl, whisk together flour blend, brown sugar, baking soda, xanthan gum, cinnamon, allspice, nutmeg, cloves, and salt. Add lentil purée and eggs and beat with electric mixer on low speed until blended. Add applesauce, oil, molasses, and vanilla and beat until thoroughly blended.

3) Place a rack in the middle of the oven. Preheat oven to 350°F (180°C). Generously grease an 8-inch round nonstick metal pan. Line with parchment paper.

4) In a medium mixing bowl, whisk together the flour blend, sugar, cut each cake into 6 slices. Dust the tops with powdered sugar, cut each cake into 6 slices and serve.

## Chocolate Cake
Makes 8 servings

1 large egg, room temperature
½ cup (125 ml) hot water
(20°F/–6°C)
½ cup (60 ml) canola oil
½ tbsp (7 ml) apple cider vinegar
½ tbsp (7 ml) vanilla extract
Powdered sugar for dusting

1) Place a rack in the middle of the oven. Preheat the oven to 350°F (180°C). Generously grease an 8-inch round nonstick metal pan. Line with parchment paper.

2) In a medium mixing bowl, whisk together the flour blend, sugar, oil, and salt. Add the black bean purée and egg and beat with an electric mixer on low speed until blended. Add the hot water, oil, vinegar and vanilla and beat until thoroughly blended. Spread the batter evenly in the pan.

3) Bake 25 to 30 minutes or until a toothpick inserted into center of the cake comes out clean. Cool in the pan for 10 minutes on a wire rack. Remove cake from pan with thin metal spatula, discard parchment paper and cool completely on the wire rack.

Dust the tops with powdered sugar, cut each cake into 6 slices and serve.

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**Nutrients Per Serving**

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Gingerbread Cupcakes
Makes 12 cupcakes

1 cup (250 ml) brown rice flour
1 tsp (5 ml) xanthan gum
1 tsp (5 ml) baking soda
1 tsp (5 ml) vanilla extract

Preparation time: 10 minutes  /  Cooking time: 20-35 minutes

Preheat oven to 350ºF (180ºC). Generously grease standard 12-cup nonstick muffin pan or line with paper liners.

1) Preheat oven to 350ºF (180ºC). Generously grease standard 12-cup nonstick muffin pan or line with paper liners.
2) In a medium mixing bowl, whisk together rice flour, brown sugar, oil, molasses, vanilla and vinegar until well blended. Add the chickpea flour, xanthan gum and salt and beat on low speed until smooth.
3) In a medium bowl, beat the peanut butter, sugar, eggs and vanilla with an electric mixer on low speed until well blended. Add the chickpea flour, xanthan gum and salt and beat on low speed until well blended. Shape half of the dough into twelve 1-inch balls and place 2 inches apart on the baking sheet. Flatten each ball to ½-inch thick by making cross-cross marks with the tines of a fork.
4) Add chocolate chips (or raisins) and oats and stir with a spoon to combine.
5) Stir in dry ingredients until blended. Fold in chocolate chips.

Chocolate Chip Oat Cookies
Makes 32 small cookies

1 cup (250 ml) crunchy natural peanut butter
1 cup (250 ml) sugar
1 egg
½ cup (125 ml) semi-sweet chocolate chips or, if desired, raisins
1 tsp (5 ml) vanilla extract

Preparation time: 10 minutes  /  Baking time: 10-12 minutes

Preheat oven to 375°F (190°C). Beat in egg and vanilla until smooth. Add bean and egg purée and continue beating until well combined.

Did you know?
Ancient Egyptians thought that lentils made children’s minds more aware, making them scholarly & good-humoured.

Peanut Butter Cookies
Makes 32 small cookies

2 large eggs, room temperature
1 tsp (5 ml) cinnamon
1 tsp (5 ml) apple cider vinegar

Preparation time: 10 minutes  /  Baking time: 12 minutes

Bake until the cookies are lightly browned and firm, about 12 to 15 minutes. Cool the cookies on the pan on a wire rack for 10 minutes. Transfer the cookies to the wire rack to cool completely. Repeat with remaining dough.

The name "chickpeas" come from the chicken beak-like looking part of the seed.

Specled Chocolate Chip Cookies
Makes 48 cookies (360 g)

1 cup (250 ml) black bean flour
1 tsp (5 ml) baking soda
1 egg
1 tsp (5 ml) xanthan gum

Preparation time: 10 minutes  /  Baking time: 12 minutes

Bake for 15 minutes. Leave enough room in the dough will seem sticky. Leave enough room between cookies for them to spread out as they bake.
Creamy Blueberry & Lentil Lime Popsicles
Makes 8 servings

1 tbsp (15 ml) grated ginger
1 cup (250 ml) vanilla Greek yogurt
½ cup (125 ml) cooked split red lentils
1½ cups (375 ml) fresh blueberries
2 limes, juice and zest
⅓ cup (85 ml) sweetened condensed milk

1) Place all ingredients into a blender or food processor.
2) Puree until smooth and transfer to popsicle molds.
3) Freeze 4-6 hours.
4) Once popsicles are fully frozen, dip the base of the molds in warm water for a few seconds. This will help with releasing the popsicles.
5) Serve immediately and enjoy!

Anise Apricot Biscotti
Makes 16 biscotti

1½ cups (375 ml) white bean flour
1 cup (250 ml) sugar
1 tbsp (15 ml) anise seed (optional)
⅓ cup (75 ml) xanthan gum
1 tbsp (15 ml) baking powder
⅓ cup (85 ml) table salt
2 large eggs, at room temperature
2 limes, zest of 1 large orange
1 tsp (5 ml) anise extract
½ tsp (2 ml) vanilla extract
½ tsp (2 ml) dried apricots, finely chopped

1) Preheat the oven to 350ºF (180ºC). Line a 13 x 9-inch nonstick baking sheet with parchment.
2) In a food processor, combine the white bean flour, sugar, anise seed (if using), xanthan gum, baking powder and salt.
3) Add the eggs, butter, orange zest, anise extract and vanilla and pulse until the dough forms a ball (about 20 times). Break the dough into big clumps, add the dried apricots and process until the dough forms a ball again.
4) Remove the dough from the food processor and knead until smooth. Shape dough into a ball, divide the ball in half and shape each half into a log, 12 inches long, 2 inches wide and ½-inch thick.
5) Bake until the dough cracks on top and begins to brown at the edges, about 20 minutes. Cool the logs for 10 minutes.
6) Reduce the oven temperature to 325ºF (160ºC). With a serrated knife or electric knife, cut each log diagonally into ¾-inch thick slices. Arrange the slices, cut side down and ½-inch apart on baking sheet.
7) Bake 20 minutes, flipping halfway. Turn off the oven, leave the biscotti to dry out even further for 30 minutes. Cool fully on a wire rack.

Nutrients Per Serving

Quick Pulse Tip: Eating pulses with a vitamin C source will help absorb more iron into the body.

Pulse Canada is the national association representing the growers, processors and traders of Canadian pulse crops. Direction and funding is provided by Alberta Pulse Growers, Saskatchewan Pulse Growers, Manitoba Pulse and Soybean Growers, Ontario Bean Growers and the pulse processors and exporters that are members of the Canadian Special Crops Association (CSCA).

Pulse Canada provides its members with a single, unified voice on national and international issues affecting the pulse industry. Areas of focus include market access and transportation, as well as positioning pulses as a cornerstone ingredient for healthier foods and a more sustainable environment.

Pulse Canada’s members include:

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office@pulse.ab.ca
www.saskpulse.com
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www.manitobapulse.ca
mgg@manitobapulse.ca
www.ontariobeans.on.ca
whitepeabeans@ontariobeans.on.ca
www.specialcrops.mb.ca
office@specialcrops.mb.ca

To learn more about Pulse Canada, visit our website at www.pulsecanada.com

This initiative has been made possible through Growing Forward 2, a federal-provincial-territorial initiative.