

*for your health*

pulse recipes



LENTIL APPLE MUFFINS



TOMATO, SPINACH AND  
BLACK BEAN PIZZA

# for your health pulse recipes

## LENTIL APPLE MUFFINS

½ cup (125 mL) dry **green lentils\***,  
rinsed and drained  
1 egg  
½ cup (125 mL) canola oil  
1 cup (250 mL) milk  
1 cup (250 mL) canned apple pie filling  
¾ cup (175 mL) whole wheat flour  
¾ cup (175 mL) all purpose flour  
⅓ (75 mL) cup packed brown sugar  
2 tsp (10 mL) baking powder  
1 tsp (5 mL) baking soda  
1 tsp (5 mL) cinnamon  
½ tsp (2 mL) salt  
¼ tsp (1 mL) ground allspice  
dash nutmeg

PLACE lentils in a saucepan and cover with water. Bring to boil and reduce heat. Cover and simmer until lentils are tender, adding water if needed (about 40 minutes). Drain lentils and purée in food processor.

PREHEAT oven to 400°F. Line muffin pan with paper baking cups.

CUT any large pieces of apple in pie filling into small pieces.

BEAT egg in a large mixing bowl. Stir in oil and milk. Add 1 cup of lentil purée and apple filling.

COMBINE flours, sugar, baking powder, soda cinnamon, salt, allspice and nutmeg in a separate bowl.

STIR dry mixture into purée mixture just until flour is moistened. Spoon batter into prepared muffin tins.

BAKE 15 minutes or until a toothpick inserted into muffin center comes out clean.

Makes: 12 muffins

Nutritional Information (per muffin): 214 calories; 10 g fat; 4 g protein; 27 g carbohydrate; 2.2 g fibre; 16 mg cholesterol; 250 mg sodium.

## TOMATO, SPINACH AND BLACK BEAN PIZZA

1 Italian cheese-flavored thin pizza crust  
1 ¼ cup (300 mL) cooked **black beans\***  
or 1-14 oz can, rinsed and drained  
½ tsp (2 mL) hot sauce  
⅔ (150 mL) cup 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 (10 oz) package frozen chopped spinach,  
thawed, drained, and squeezed dry  
½ cup (125 mL) shredded reduced-fat sharp  
cheddar cheese  
½ cup (125 mL) shredded Monterey Jack cheese  
2 tbsp (30 mL) chopped fresh parsley  
or cilantro

PREHEAT oven to 375°F.

PLACE pizza crust on a baking sheet; bake at 375°F for 5 minutes or until crisp.

MASH beans with a fork; combine beans and 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 at 375°F for 15 minutes or until crust is lightly browned.

GARNISH with parsley

Makes: 4 servings (2 slices per serving)

Nutritional Information (per slice): 279 calories; 11 g fat; 15 g protein; 31 g carbohydrate; 4.3 g fibre; 32 mg cholesterol; 513 mg sodium.

\* For more information,  
please see: the Guide  
to Cooking Beans, Peas  
and Lentils or  
[www.pulsecanada.com](http://www.pulsecanada.com).



CHICKPEAS



BEANS



PEAS



LENTILS