Healthy Cooking with Beans, Peas, Lentils & Chickpeas

PRODUCED BY PULSE CANADA
www.pulsecanada.com
This recipe book was developed in partnership with Community Food Centres Canada.

Community Food Centres Canada is a national nonprofit that builds and supports vibrant, food-focused organizations in low-income communities where people come together to grow, cook, share, and advocate for good food for all.

Several of the recipes in this booklet were developed and used as part of FoodFit, a healthy eating and exercise program.

For more on Community Food Centres Canada and the FoodFit program visit: www.cfccanada.ca
Chickpeas
(Garbanzo Beans)

Lentils

Dry Peas

Beans

What’s a pulse?
Pulses are one of the most versatile foods on the planet. Composed of dry peas, lentils, chickpeas and beans, these tiny powerhouses pack a hearty fibre- and protein-rich punch — and they’re sustainable to boot.
Five reasons to love pulses

1. **Pulses contribute to better nutrition and health**
   Pulses are a low-fat source of protein, fibre and essential vitamins and minerals like iron, potassium and folate.

2. **Pulses are a heart-healthy food choice**
   Research has shown that eating pulses regularly can lower cholesterol, reduce blood pressure and help with body weight management, which are all risk factors for heart disease.

3. **Pulses 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.

4. **Eating pulses can help the environment**
   Greenhouse gas emissions from agriculture, in large part, come from nitrogen fertilizers. Pulses require little or no nitrogen fertilizer to grow, and they use ⅓ to ⅟₅ the amount of water that it takes to produce other sources of protein.

5. **Pulses are an affordable source of protein**
   The U.S cost per serving of lentils is $0.10 versus:
   
   - $1.49 for beef
   - $0.63 for chicken
   - $0.73 for pork
Five easy ways to add pulses to your diet

1. Add half a cup (or more!) of your favourite cooked pulses into any salad or soup.

2. Include a handful of cooked black beans or green lentils in your omelet or quesadilla.

3. Replace half or all the meat in your spaghetti sauce or taco recipe with cooked green lentils or black beans.

4. Toss a handful of white beans in with the other ingredients in your morning smoothie.

5. Try roasted chickpeas as an alternative to salty snacks.
Buying and cooking pulses

How to cook pulses
Canned pulses are convenient, because they are already cooked and ready-to-use. Opt for cans with no salt added when possible. Always rinse and drain canned pulses well before using.

Dry pulses can be more affordable than their canned counterparts and have low to no sodium – and preparing them from scratch is simple! Follow the guidelines on the following pages for cooking dry pulses.

3 EASY STEPS TO
Cook Beans

1. Soak your beans.
   TRADITIONAL SOAK: Pour enough cool water over beans to cover completely. Soak for 8 hours or overnight. Drain soaking water and rinse beans with cool water.
   QUICK SOAK: Place 1 cup of beans in a large pot with 3 cups of water. Bring to a boil for 3 minutes then remove from heat and let stand for 1 hour. Drain soaking water and rinse beans in cool water.

2. Combine 1 cup beans with 2 cups water and bring to a boil.

3. Simmer on low for 45 minutes – 2 hours.

For every cup of beans, use 2 cups of water.
1 cup dry = 2 ½ cups cooked

3 EASY STEPS TO
Cook Split Peas

1. Rinse split peas with water — no need to soak!

2. Combine split peas and water, bring to a boil.

3. Simmer for 30 minutes.

For every cup of split peas, use 2 cups of water.
1 cup dry = 2 ½ cups cooked
Where to find pulses
You can buy whole pulses a couple of ways: dried, or cooked and canned. Look for them in the ethnic, bulk or canned food sections of any grocery store. Pulses can also be ground into flour for use in gluten-free baking. You can usually find pulse flours in bulk food stores or in the gluten-free section of your local grocery store.

3 EASY STEPS TO
Cook Chickpeas

1. Soak your chickpeas.

OVERNIGHT SOAK: Use three cups of cold water for each cup of chickpeas, let stand for 8-24 hours and drain.
QUICK SOAK: Use three cups of cold water for each cup of chickpeas, boil 2 minutes, remove from heat, cover and let stand for one hour, drain.

2. Combine chickpeas and water, bring to a boil.

3. Simmer for 1.5-2 hours.

For every cup of chickpeas, use 2 cups of water. 1 cup dry = 2 ½ cups cooked

3 EASY STEPS TO
Cook Lentils

1. Rinse lentils with water—no need to soak!

2. Combine lentils and water.

3. Simmer for 5-20 minutes until tender.

For every cup of lentils, use 2.5 cups of water. 1 cup dry = 2 ½ cups cooked
How to purée pulses

Cooked pulses can be puréed and used in baked goods. You can also add some garlic or herbs to your purée and use it as a dip or spread. To make a pulse purée:

1. Place cooked or rinsed and drained canned pulses into a food processor.

2. For every 1 cup (250 ml) cooked pulses, add ¼ cup (50 ml) water.

3. Blend to make a smooth purée, with a consistency like canned pumpkin. If needed, add 1 additional tablespoon (15 ml) of water at a time.
Four ways to use pulse purée

**TOAST TOPPER**
Spread evenly as a delicious base for other toppings

**COOKIE MIX-IN**
Replace oil or butter in any cookie recipe with equal amount pulse purée

**PASTA SAUCE**
Add to any store-bought or homemade pasta sauce

**SOUP BASE**
Simmer vegetables and seasonings to fortify any soup
Storing pulses

Pulses are one of the world’s most nutritious, affordable, shelf-stable food sources!

**Tips**

- Store dry and canned pulses in a dark, dry and cool place for lasting freshness.
- Always store pulses (dry or cooked) in airtight containers.
- To thaw frozen pulses or meals, place in the refrigerator overnight to thaw, or warm over gentle heat just before eating.

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**PANTRY**

**Dry Pulses**

STORE TIME: **UP TO 1 YEAR**

If stored for longer, pulses may require longer cooking times to soften.

**Canned Pulses (Sealed)**

STORE TIME: **SEVERAL YEARS**
**REFRIGERATOR**

**Cooked or Canned Pulses (Opened)**

**STORE TIME: UP TO 5 DAYS**
Store in sealed, airtight container in cooking liquid or covered with water

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**Soups, Chili and Curries**

**STORE TIME: UP TO 5 DAYS**
Store in sealed, airtight container

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**Salads**

**STORE TIME: UP TO 3 DAYS**
Store in sealed, airtight container

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**FREEZER**

**Cooked Pulses**

**STORE TIME: UP TO 6 MONTHS**
After pulses have cooled completely, drain any excess liquid and store in single-serving portions in sealed, airtight containers or freezer bags

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**Soups, Chili and Curries**

**STORE TIME: 3-6 MONTHS**
Store in sealed, airtight container
Piña Colada White Bean Smoothie

MAKES 4 SMOOTHIES | TAKES 5 MINUTES

White beans make a great addition to any smoothie. With this recipe, you can play with the sweetness and texture by adding more or less of any of the ingredients listed below. The sugar in this recipe can be reduced by omitting the honey, or substituting 1 cup of the pineapple juice with a cup of water.

INGREDIENTS

- 2 cups (500 ml) pineapple juice
- 1 can (400 ml) light coconut milk
- 1 cup (250 ml) cooked white beans, rinsed well
- 1 ripe banana, sliced
- 1 ½ cups (375 ml) ice
- ½ cup (125 ml) plain yogurt
- 1 tbsp (15 ml) fresh lime juice
- 1 tbsp (15 ml) honey (optional)

DIRECTIONS

1. Place all ingredients into a blender and purée until smooth.
2. Pour into glasses, garnish with a slice of lime & serve immediately. If the smoothie sits for a long period of time it will separate. If this occurs, just blend for 10 seconds before serving.

NUTRIENTS PER 1 CUP (250 ml)

- Calories 179 kcal
- Total Fat 6 g
- Saturated Fat 2.5 g
- Cholesterol 1 mg
- Sodium 18 mg
- Carbohydrates 28 g
- Dietary Fibre 3.8 g
- Sugars 17 g
- Protein 6 g
Roasted Veggie and Black Bean Breakfast Burritos

Recipe from FoodFit

MAKES 5-6 BURRITOS | TAKES ABOUT 1 HOUR

You can experiment with these burritos by adding your own blend of toppings or spices. To save time in the morning, you can prepare the roasted vegetables and black bean paste the night before and keep them in the fridge until you’re ready to cook.

INGREDIENTS

For the roasted vegetables:
- 1 red pepper, seeded and chopped
- 1 green pepper, seeded
- 1 onion
- 1 tbsp (15 ml) olive oil
- Salt and pepper

For the black bean paste:
- 1 can (440 ml) black beans, drained and rinsed
- 1 cup (250 ml) water
- 1 tsp (5 ml) garlic, minced
- 1 tsp (5 ml) ground cumin
- 1 tsp (5 ml) ground coriander
- Chili flakes (optional)

For the assembly:
- 6 eggs
- 6 large flour tortillas
- Salt and pepper
- Salsa
- Cheese (optional)
- Fresh cilantro or parsley (optional)

DIRECTIONS

1. Cut the peppers and onions into large chunks. Spread them evenly onto a parchment paper-lined baking sheet. Drizzle with olive oil and sprinkle with salt. Roast under the broiler or at 450°F for 15-20 minutes until the peppers are soft and all the vegetables show roasted surfaces.

2. In a medium saucepan, combine black beans and water and cook over medium-high heat for 15 minutes. Stir in spices. Mash bean mixture with a potato masher, fork, or immersion blender. Add a dash of chili pepper or sauce, salt and pepper, and a little water (if necessary) to make the consistency of paste.

3. In a bowl, scramble the eggs with salt and pepper. Heat 1 tsp of oil in a frying pan over medium-low heat. Pour in the eggs and cook gently, stirring occasionally, until firm.

4. Preheat the oven to 350°F. Spread a bit of the eggs, veggies and black bean paste down the centre of the tortilla, and then top with salsa, and any other ingredients you want to try. Fold the top and bottom of the burrito over the inside, then roll in the sides to make a neat package. Place on a baking sheet and bake for 15-20 minutes. Enjoy!

NUTRIENTS PER 1 BURRITO

- Calories 300 kcal
- Total Fat 11 g
- Saturated Fat 3 g
- Cholesterol 185 mg
- Sodium 370 mg
- Carbohydrates 36 g
- Dietary Fibre 6 g
- Sugars 3 g
- Protein 14 g
Greek Lentil Salad

SERVES 5-10 (MAKES 1 kg) | TAKES 25 MINUTES

This salad is quick to prepare and can be stored in the fridge for 2–3 days, making it a great lunch option. You can also swap out the lentils in this recipe for split green peas, chickpeas or white beans.

INGREDIENTS

For the salad:
- 2 cups (500 ml) cooked green lentils, rinsed
- 1½ cups (375 ml) grape tomatoes, halved, or regular tomatoes, chopped
- ½ cup (125 ml) onion, chopped
- 1 green pepper, chopped
- 1 cucumber, diced
- ¼ cup (60 ml) fresh parsley, chopped
- ½ cup (125 ml) black olives (optional)
- ¼ cup (60 ml) feta cheese, crumbled (optional)

For the dressing:
- ¼ cup (60 ml) olive oil
- ¼ cup (60 ml) lemon juice
- 1 tbsp (15 ml) dried oregano

DIRECTIONS

1. In a large bowl, combine lentils, olives, onion, tomatoes, green peppers, cucumber, feta cheese and parsley.
2. To make the dressing, whisk oil, lemon juice and oregano together.
3. Toss the salad with dressing to coat.

NUTRIENTS PER ⅔ CUP (100 g)

- Calories 133 kcal | Total Fat 6 g | Saturated Fat 1 g
- Cholesterol 4 mg | Sodium 112 mg | Potassium 320 g
- Carbohydrates 15 g | Dietary Fibre 3 g | Protein 6 g
Black Bean and Corn Summer Salad

SERVES 5-10 (MAKES 1 kg) | TAKES 20 MINUTES

**INGREDIENTS**

For the salad:
- 1 can or about 2 cups (500 ml) cooked black beans, rinsed and drained
- 2 cups (500 ml) corn niblets, thawed if frozen or rinsed and drained if from a can
- 2 medium tomatoes, chopped

½ cup (125 ml) onion, chopped
¼ cup (50 ml) fresh cilantro, chopped (optional)

For the dressing:
- ¼ cup (50 ml) lime juice
- 1 tsp (5 ml) ground cumin
- ½ tsp (2 ml) of salt and pepper (optional)

**DIRECTIONS**

1. Combine all ingredients for the salad in a large bowl.
2. To make the dressing, whisk lime juice, ground cumin and salt and pepper in a small bowl
3. Toss the salad with the dressing to coat.

**NUTRIENTS PER 1/2 CUP (100 g)**

- Calories 121 kcal
- Total Fat 1 g
- Saturated Fat 0 g
- Cholesterol 0 mg
- Sodium 43 mg
- Potassium 346 g
- Carbohydrates 22 g
- Dietary Fibre 5 g
- Protein 6 g
- Folate 99 mcg
Zesty Split Pea Gazpacho

MAKES 4-6 PORTIONS | TAKES 20 MINUTES + CHILL TIME

This soup can also be made using cooked green lentils instead of split peas. If you would like to enhance the texture of the soup, reserve some of the chopped tomatoes, red pepper, cucumber, and lentils. Place them in each of the bowls with the soup before serving.

**INGREDIENTS**

1 ¾ cup (440 ml) tomato juice
1 cup (250 ml) cooked split yellow peas
1 medium red bell pepper, seeds removed and chopped
½ cucumber, chopped
2 small tomatoes, chopped
1 small shallot or half a sweet onion, chopped
2 tbsp (30 ml) balsamic vinegar

4 tbsp (60 ml) olive oil
1 clove of garlic, peeled
½ jalapeno, seeds removed, chopped (optional)
2 tsp (10 ml) hot sauce (optional)
Salt to taste (optional)
Fresh dill for garnish (optional)

**DIRECTIONS**

1. Place all ingredients (except the salt, hot sauce and dill) in a blender or food processor and process until smooth in consistency. Reserve in the fridge for 1-2 hours. This will help the flavours comingle and develop.

2. Before serving, adjust with salt and hot pepper to taste. Garnish with fresh dill and drizzle of olive oil. Enjoy!

**NUTRIENTS PER 1 CUP (250 ml)**

Calories 150 kcal | Total Fat 9 g | Saturated Fat 1.5 g
Cholesterol 0 mg | Sodium 240 mg | Carbohydrates 15 g
Dietary Fibre 3 g | Sugars 6 g | Protein 4 g
Magnificent Minestrone

SERVES 8-10 (MAKES 6 LITRES)  |  TAKES 1 HOUR

This soup is packed with hearty vegetables and pulses. Feel free to make it your own by replacing any of the ingredients with ones you have in your fridge or cupboard.

INGREDIENTS

1-19 oz (540 ml) can or about 2 cups cooked white kidney or great northern beans, rinsed and drained
1-19 oz (540 ml) can or about 2 cups cooked red kidney beans, rinsed and drained
1-19 oz (540 ml) can or about 2 cups cooked chickpeas, rinsed and drained
2 cups (500 ml) macaroni or other short pasta, cooked (optional)
2 tbsp (30 ml) vegetable oil
6 garlic cloves, minced

2 large carrots, chopped
3 celery stalks, chopped
1 large yellow onion, chopped
1 tbsp (15 ml) thyme leaves, finely chopped
1 bay leaf (optional)
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 tbsp (15 ml) pepper

DIRECTIONS

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. Add garlic and sauté over medium heat until golden. 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 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.

NUTRIENTS PER 1 CUP (250 ml)

Calories 128 kcal  |  Total Fat 2 g  |  Saturated Fat 0 g  
Cholesterol 0 mg  |  Sodium 457 mg  |  Potassium 389 g  
Carbohydrates 23 g  |  Dietary Fibre 5 g  
Protein 5 g  |  Folate 59 mcg
Garlic & Herb Whipped Potatoes with White Kidney Beans

SERVES 4-6 | TAKES 30 MINUTES

Adding white kidney beans to traditional mashed potatoes increases the protein and fibre of the dish. To prepare this recipe using sweet potatoes, try swapping the garlic with maple syrup, or garnish with a handful of pecans.

INGREDIENTS

- 2 cups (500 ml) medium diced white potatoes or sweet potatoes (skin removed)
- ¾ cups (175 ml) cooked white kidney beans, mashed with a fork or potato masher
- ¼ cup (60 ml) 2% milk
- 1 tbsp (15 ml) unsalted butter
- 1 clove minced garlic
- 1 sprig fresh thyme (optional)

DIRECTIONS

1. Cover the diced potatoes with water in a medium pot. Add a dash of salt and simmer the potatoes until tender.
2. While the potatoes are simmering, sauté the chopped garlic and butter in a saucepot. Add milk and fresh herbs. Add the mashed beans and season to taste with salt and black pepper. Bring the mixture back to a simmer.
3. Drain the hot cooked potatoes and toss in the milk/bean mixture.
4. Whisk/mash until smooth and season to taste with salt and pepper. Enjoy!

NUTRIENTS PER ½ CUP (125 ml)

- Calories 127 kcal
- Total Fat 2 g
- Saturated Fat 1 g
- Cholesterol 5 mg
- Sodium 16 mg
- Carbohydrates 24 g
- Dietary Fibre 5 g
- Sugars 1 g
- Protein 5 g
Yam and Black Bean Burger

Recipe from FoodFit partner Hillhurst Sunnyside Community Association

MAKES 8-10 BURGERS | TAKES 30 MINUTES

INGREDIENTS

2-19 oz (540 ml) cans black beans, rinsed and drained
1 cup (250 ml) yam, grated
½ cup (125 ml) almond or pumpkinseed butter
1 small onion, finely diced
3 tbsp (45 ml) ground flax
¼ cup (60 ml) flour
2 tbsp (15 ml) soy sauce or tamari

1 tbsp (15 ml) grated ginger root
1 avocado, sliced (optional)
1 tomato, sliced (optional)
Lettuce (optional)
Hamburger buns (optional)

DIRECTIONS

1. Put 1 ½ cups of black beans in a bowl and mash with a fork or potato masher.

2. Stir in the rest of the ingredients, including the remaining whole beans, and mix well.

3. Using a firmly-packed measuring cup, scoop ⅓ cup batter at a time to form patties. Flatten to the thickness of 1 finger.

4. Heat a drizzle of coconut oil or olive oil in a pan over medium heat. Pan fry each burger for 3-4 minutes per side, until the centres of the burgers are cooked.

5. Bake burgers at 350˚F for 10 minutes, or until browned.

6. Serve the patties on hamburger buns or on their own. Top with lettuce, avocado, tomato or your favourite burger toppings.

NUTRIENTS PER 1 PATTY (approx. 175 g)

Calories 260 kcal | Total Fat 11 g | Saturated Fat 1.5 g
Cholesterol 0 mg | Sodium 300 mg | Carbohydrates 33 g
Dietary Fibre 11 g | Sugars 3 g | Protein 12 g
Lentil Walnut Tacos

Recipe from FoodFit partner Gordon Neighbourhood House, Vancouver Adapted from Oh She Glows

Makes approx. 8 tacos | Takes 1 hour

**INGREDIENTS**

1 ½ cups (375 ml) diced tomatoes (fresh or ½ of a 796 ml can)
1 cup (250 ml) uncooked green lentils (or about 1 ¾ cups cooked lentils)
1 cup (250 ml) walnut pieces, toasted
1 small onion, diced
2 cloves garlic, minced
1 ½ tsp (7 ml) ground cumin
1 ½ tsp (7 ml) chili powder
1 tsp (5 ml) smoked paprika
½ tsp (2 ml) fine grain sea salt, or to taste
1 ½ tbsp extra-virgin olive oil

**DIRECTIONS**

1. Rinse lentils in a fine mesh sieve. Add to a medium pot along with 2 cups of water. Bring to a boil, reduce heat to medium, and simmer for 20 minutes until tender (cook time will vary depending on the type of lentils you use—see package). Drain off excess water.
2. Preheat oven to 300˚F. Add walnuts onto a rimmed baking sheet and toast for 10 to 13 minutes, watching closely, until lightly golden and fragrant. Set aside to cool for a few minutes. Once cooled, pulse a few times in a food processor.
3. In a large pan over medium heat, sauté onion in olive oil until translucent, 4-5 minutes. Add garlic and spices, stir and cook for an additional minute.
4. Add tomatoes, stir and let come to a bubble. Add cooked lentils and chopped walnuts, and stir well to mix all ingredients. Add a bit of water if needed.
5. Turn heat to low and let mixture cook for 5-10 minutes. Taste-test your mixture and season with salt and pepper as needed.

**NUTRIENTS PER 1 SERVING** (approx ¾ taco filling)

Calories 190 kcal  |  Total Fat 13 g  |  Saturated Fat 1.5 g  
Cholesterol 0 mg  |  Sodium 260 mg  |  Carbohydrates 15 g  
Dietary Fibre 4 g  |  Protein 7 g
Chunky Tomato Sauce with Lentils

SERVES 8-10 | TAKES 1 HOUR

You can serve this sauce on pasta noodles, rice or quinoa. Or, you can make zucchini noodles by thinly slicing a zucchini lengthwise and cooking the strips in a well-oiled pan over medium-high heat for 3-5 minutes.

INGREDIENTS

4 cups (1 L) finely chopped mushrooms
2 cups (500 ml) cooked lentils or cooked yellow split peas
1 can (796 ml) diced tomatoes (or about 3 cups fresh)
1 can (796 ml) crushed tomatoes (or about 3 cups fresh)
1 cup + 2 tbsp (280 ml) prepared chicken or vegetable stock
2 tbsp (30 ml) vegetable oil
1 medium yellow onion, finely chopped
1-2 cloves chopped garlic
2 tsp (10 ml) honey (optional)
½ tsp oregano (optional)
½ tsp rosemary (optional)
to taste salt and ground black pepper

DIRECTIONS

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. Stir in 2 Tbsp of the broth, along with the diced and crushed tomatoes. Then add the remainder of the broth, honey and fresh herbs. Simmer partially covered with a lid for 45 minutes to one hour, stirring occasionally.

3. Add the cooked lentils or yellow split peas and bring to a simmer. Season to taste with salt and ground black pepper.

4. Serve on top of your favourite pasta.

NUTRIENTS PER ⅔ CUP (190 ml) OF SAUCE

Calories 143 kcal | Total Fat 4 g | Saturated Fat 0 g
Cholesterol 1 mg | Sodium 145 mg | Carbohydrates 23 g
Dietary Fibre 6 g | Sugars 6 g | Protein 7 g
Seared fish with Sautéed Lentils, Fennel and Dill

SERVES 4-6 | TAKES 30 MINUTES

Salmon was used in this recipe and nutritional analysis, but it would work very well with any white fish that you can find at the store.

INGREDIENTS

4-6 (6 oz/170 g) salmon fillets or other fish
½ cup (125 ml) cooked green lentils
½ cup (125 ml) thinly sliced red onion
½ cup (125 ml) thinly sliced fennel (reserve fronds)
½ cup (125 ml) halved cherry tomatoes
2 tbsp (30 ml) vegetable oil, divided
1 tbsp (15 ml) lemon juice and zest
1 tbsp (15 ml) chopped fresh dill (reserve some for garnish)
to taste, salt and ground black pepper

DIRECTIONS

1. Sauté onions and fennel with 1 tbsp (15 ml) of oil in a medium pan until rendered and slightly golden.
2. Stir in tomatoes and lentils and continue to cook for another 2-3 minutes or until hot. Stir in lemon juice, zest, and dill. Remove from stove and reserve.
3. Season each side of the fish fillets with salt and pepper.
4. Heat a large sauté pan on medium-high heat. Once the pan is hot, add 1 tbsp (15 ml) oil and lay the fillets down and cook for 3-4 minutes on each side or until desired doneness. Remove the salmon from the pan once cooked.
5. Lay fillets down on a platter or plate and top with the prepared fennel and lentil mixture. Garnish with fresh dill and fennel fronds and serve immediately.

PER 1 SALMON FILLET AND ¼ CUP (60 ml) LENTIL MIXTURE

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<td>Folate 38 mcg</td>
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Roasted Chickpeas

SERVES 8 (200 G) | TAKES 1 HOUR

A healthier snack option to enjoy at home or on the go.

INGREDIENTS

4 cups (1 L) cooked chickpeas or 2-19 oz cans (540 ml) chickpeas, rinsed and drained
3 tbsp (45 ml) canola oil
3 tbsp (125 ml) preferred spices or salt and pepper

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Combine all ingredients in medium bowl and spread onto parchment paper or greased cookie sheet.
4. Bake another 20 minutes, stirring every 5 minutes.

Let cool and enjoy!

NUTRIENTS PER 1/4 CUP (25 g)

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Socca with Smokey Split Pea and Red Pepper Dip

MAKES ABOUT 24 BLINIS (4" DIAMETER) | TAKES 30 MINS

Socca is a pancake or crêpe made with chickpea flour. Top your socca with this delicious split pea dip, or with the toppings of your choice. Chickpea flour is often found in grocery stores (it is sometimes called “gram flour”), or you can make your own by blending a cup of dry chickpeas in a high-speed blender until they break down into a fine flour.

INGREDIENTS

For the Socca Blinis:
- 1 cup + 2 tbsp (280 ml) chickpea flour
- 1 cup (250 ml) warm water
- 4-6 tbsp (60-90 ml) olive oil
- 1 small thinly sliced white onion (optional)
- 2 tbsp (30 ml) fresh thyme leaves (reserve some for garnish)
- ½ tsp (5 ml) sea salt
- ½ tsp (2 ml) ground black pepper

For the Smokey Split Pea and Roasted Red Pepper Dip:
- 1 cup (250 ml) cooked yellow split peas
- ½ cup (125 ml) toasted sunflower seeds
- 1 tbsp (15 ml) red wine vinegar (can be omitted)
- 1 tbsp (15 ml) lemon juice
- 2 garlic cloves, roughly chopped
- 2 tsp (10 ml) smoked paprika (regular paprika will also work)
- ½ tsp (2 ml) sea salt
- ½ tsp (1 ml) cayenne pepper
- 2 tbsp (30 ml) olive oil

DIRECTIONS

1. Combine all the ingredients for the red pepper dip in the bowl of a food processor. Process until the mixture is smooth, scraping down the edges as needed.

2. Place the flour, salt and pepper in a medium bowl. In a slow steady stream pour in the water in with the flour mixture while whisking continuously. Pouring the water slowly will prevent lumps from forming in the batter. Whisk in 2 tbsp of the oil.

3. Heat a non-stick, sauté pan on medium-high heat and add 2 tbsp of the oil. Toss in the sliced onions and cook until golden brown. Toss in the fresh thyme and stir to combine.

4. Pour the sautéed mixture with the chickpea batter and combine until well blended. Return the pan to the stovetop and add some of the remaining oil. Using a spoon pour small dollops of the batter into the pan. Cook until the edges are slightly golden and the batter begins to bubble slightly in the center. Flip and cook on the other side until done.

5. Remove from the stove, top with a dollop of the romesco and garnish with fresh thyme and toasted sunflower seeds. Enjoy!

NUTRIENTS PER 1 BLINI WITH tbsp SPLIT PEA DIP:
- Calories 265 kcal
- Total Fat 17 g
- Saturated Fat 2 g
- Cholesterol 0 mg
- Sodium 300 mg
- Carbohydrates 21 g
- Dietary Fibre 4 g
- Sugars 4 g
- Protein 1 g
Easy Bean Dip

SERVES 16 (480 G) | TAKES 10 MINUTES

A great dip for vegetables or crackers, which can be made using white beans, black beans or lentils.

INGREDIENTS

1-19 oz can (540 ml) white beans, drained and rinsed
½ cup (125 ml) olive oil,
½ tsp (2 ml) cumin*
2 garlic cloves
1 tbsp lemon juice (optional)**

*If using lentils, replace cumin with 1 tsp of curry powder.
**Only if using white beans

DIRECTIONS

Place beans in a food processor or blender with the cumin, garlic, lemon juice and half the oil. Blend and continue adding the remaining oil until you’ve reached your desired consistency.

NUTRIENTS PER 3 tbsp (42 g)

<table>
<thead>
<tr>
<th>Calories</th>
<th>100 kcal</th>
<th>Total Fat</th>
<th>7 g</th>
<th>Saturated Fat</th>
<th>1 g</th>
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<td>Sodium</td>
<td>151 mg</td>
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<tr>
<td>Dietary Fibre</td>
<td>2 g</td>
<td>Protein</td>
<td>2 g</td>
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Black Bean Brownies

MAKES ABOUT 12 BROWNIES  |  TAKES 45 MINUTES

You can replace the sugar in this recipe with pureed dates. Just combine 1 cup pitted dates with ½ warm water and blend in a food processor or blender until a thick paste is made.

INGREDIENTS

1 cup (250 ml) cooked black beans, rinsed and drained
¾ cup (175 ml) sugar
½ cup (150 ml) all-purpose flour
Pinch salt
½ tsp (2 ml) baking powder
½ cup (125 ml)cocoa
½ cup (125 ml) butter, softened or coconut oil
4 eggs
1 tsp (5 ml) vanilla
½ cup chocolate chips (optional)

DIRECTIONS

1. Preheat oven to 350˚F (175˚C). Lightly oil a square metal or glass baking pan.
2. Sift dry ingredients together in a bowl.
3. In a food processor or blender, combine cocoa, margarine, sugar, black bean, eggs and vanilla. Blend until well mixed with little or no bean texture left. Stir wet mixture into dry ingredients until moist. Pour the batter into the pan. If the batter is too thick, add a little water.
4. Bake for 30 minutes or until a knife comes out cleanly. Store these moist brownies in the fridge.

NUTRIENTS PER 1 BROWNIE (78 g)

<table>
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<th>Calories</th>
<th>230 kcal</th>
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<td>17 g</td>
<td>Protein</td>
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Coconut and Lentil Pudding

Recipe from FoodFit partner The Local Community Food Centre, Stratford

SERVES 4 | TAKES 45 MINUTES

INGREDIENTS

1 ½ cups (375 ml) uncooked red lentils (preferably soaked for a few hours in advance), rinsed
1 (250 ml) cup of coconut milk
¼ cup (60 ml) dried fruit: raisins
3 tbsp (45 ml) ground flax seeds
2 tbsp (30 ml) maple syrup
1 tbsp (15 ml) coconut oil
1-2 tbsp (15 ml) flour (optional)
½ tsp (2ml) ground coriander
salt to taste
toasted coconut flakes (optional)

DIRECTIONS

1. Add red lentils, flax, raisins, and 3 cups of water to a large pot and cook over medium heat, stirring occasionally. Once the lentils begin to simmer, add the coriander and a pinch of salt. Lower heat slightly to maintain a slow simmer, and cook for 15-20 minutes, until lentils break down and the pudding begins to thicken.

2. In the meantime, blend coconut milk and ½-¾ cup water in a blender or food processor until they form a smooth cream. This may take several minutes depending on the strength of your blender. Once smooth, add the coconut cream to the red lentils, which should be done cooking by this time, and stir to incorporate. If your pudding seems on the thin side, add 1-2 Tablespoons of flour and cook for an additional 3-5 minutes.

3. Take the pudding off the heat. Stir in maple syrup and coconut oil. Let pudding rest for five minutes. Serve topped with a drizzle of maple syrup and toasted coconut flakes top if desired.

NUTRIENTS PER 1 CUP (250 ml)

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Chickpea Chocolate Chip Cookies

Recipe from the Canada Agriculture and Food Museum, Ottawa

MAKES 24 COOKIES | TAKES 45 MINUTES

INGREDIENTS

1 19 ounce (540 ml) can chickpeas, drained and rinsed (mash them to almost a purée)
2 cups (500 ml) flour
1 cup (250 ml) brown sugar
1 cups (250 ml) chocolate chips
¾ cup (190 ml) butter, softened
2 eggs
2 tsp (10 ml) vanilla extract
½ cup (125 ml) old fashioned oats
1 tsp (5 ml) baking soda
¼ tsp (1.25 ml) salt

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Coat a cookie sheet with cooking spray.
3. Beat sugar and butter until smooth in a big bowl. Beat in eggs and vanilla, then add mashed chickpeas and chocolate chips.
4. In a separate bowl, combine flour, oats, baking soda and salt. Add dry ingredients to the wet.
5. Drop by tablespoonful onto baking sheet.
6. Bake 11 to 13 min, until golden brown.

NUTRIENTS PER 1 COOKIE

Calories 210 kcal | Total Fat 10 g | Saturated Fat 6 g | Cholesterol 60 mg | Sodium 160 mg | Carbohydrates 29 g | Dietary Fibre 2 g | Sugars 15 g | Protein 4 g
Healthy Cooking and Baking Swaps:

**TACOS**
- REPLACE: ½ OR ALL SHREDDED PORK
- WITH THIS: COOKED PARDINA LENTILS
- BENEFITS: ✓ Fewer CALORIES ✓ Less FAT ✓ More FIBRE

**SANDWICH SPREAD**
- REPLACE: MAYONNAISE
- WITH THIS: HUMMUS
- BENEFITS: ✓ Less FAT ✓ More FIBRE ✓ More PROTEIN

**MUFFINS**
- REPLACE: UP TO ½ ALL-PURPOSE FLOUR
- WITH THIS: CHICKPEA FLOUR
- BENEFITS: ✓ More FIBRE ✓ More PROTEIN ✓ More FOLATE ✓ More IRON

**BROWNIES**
- REPLACE: 1 CUP FLOUR
- WITH THIS: 1 15 oz. CAN BLACK BEANS, PUREED
- BENEFITS: ✓ More FIBRE ✓ More PROTEIN

**BANANA BREAD**
- REPLACE: ½ OR ALL BUTTER
- WITH THIS: WHITE BEAN PUREE
- BENEFITS: ✓ Fewer CALORIES ✓ Less FAT ✓ More FIBRE ✓ More PROTEIN

Make pulses your partner
**Figures sourced from USDA Nutrient Database**

**LASAGNA**

**REPLACE:**
½ OR ALL RICOTTA CHEESE

**WITH THIS:**
PUREED CANNELLINI BEANS

**BENEFITS:**
✓ Fewer CALORIES ✓ Less FAT ✓ More FIBRE

**BURGERS**

**REPLACE:**
½ OR ALL GROUND BEEF

**WITH THIS:**
MASHED PINTO BEANS

**BENEFITS:**
✓ Fewer CALORIES ✓ Less FAT ✓ Less SATURATED FAT ✓ More FIBRE

**MAC N’ CHEESE**

**REPLACE:**
UP TO ½ CHEESE SAUCE

**WITH THIS:**
YELLOW SPLIT PEA PUREE

**BENEFITS:**
✓ Less FAT ✓ More FIBRE

**VEGGIE BOWLS**

**REPLACE:**
½ OR ALL QUINOA

**WITH THIS:**
COOKED GREEN LENTILS

**BENEFITS:**
✓ More FIBRE ✓ More PROTEIN

**CHOCOLATE CHIP COOKIES**

**REPLACE:**
½ OR ALL OIL

**WITH THIS:**
RED LENTIL PUREE

**BENEFITS:**
✓ More FIBRE ✓ More PROTEIN