



All the Places You'll Find Pulses

New, innovative products featuring pulses (think beans, chickpeas, lentils and split peas) are popping up on grocery store shelves every day. Why? People love all the benefits you get when you eat more pulses. You can find pulses in every section of the grocery store. Check out these delicious pulse-powered foods.

Cereals

Many cereal makers are looking to pulses for new products to increase the “plant power” of their cereals, and increase key nutrients like protein and fiber. Check out Kashi GoLean Vanilla Cluster Plant-Powered Cereal made with red beans and pea protein. A 1-cup serving provides 230 calories, 6 grams of fiber and 9 grams of protein.

Pastas & Sauces

For those who follow a gluten-free diet, a life without pasta would be a hard life to live. Fear not. Tolerant Foods has a variety of gluten-free pulse pastas made with red lentils, green lentils and black beans. Based on the Organic Green Lentil Elbow Pasta, a 3-ounce serving has 281 calories, 16 grams of fiber, and 18 grams of protein. You can pair your legume pasta with Mama Jess Bean Good, an organic pasta sauce made with organic white bean puree. A half-cup serving has 80 calories, 3 grams of fiber and 4 grams of protein.



Dairy Alternatives

Whether it's due to allergies or choosing to follow a vegan diet, people decide to stop eating dairy for a variety of reasons. There are numerous food choices available, and several new products now include pulses for added nutrition and health benefits. Silk Protein & Nut Milk is a higher-protein dairy substitute made with pea protein. A 1-cup servings has 80 calories, <1 gram of fiber and 10 grams of protein. Daiya dairy-free products provide a variety of vegan cheese products including cheddar, mozzarella and pepper jack. Made with pea protein, a ¼ cup serving of this dairy-free cheese has 90 calories, 1 gram of fiber and 1 gram of protein.



Snacks

The snack aisle is really booming with pulse ingredients. Why? Consumers are looking for healthier snack choices, and pulses are the natural ingredient to fit the ticket. Check out Kashi Teff Lemon Chickpea Chili Thins. A 16-cracker serving has 130 calories, 3 grams of fiber and 3 grams of protein. Or try Nabisco Triscuit Brown Rice & Wheat Roasted Red Pepper & Red Bean. Made with red beans, a 6-cracker serving contains 130 calories, 2 grams of fiber, and 3 grams of protein.



Baking Mixes & Flours

Bob's Red Mill also has a variety of pulse flours and meals for gluten-free, pulse-powered baking including Fava Bean Flour, Garbanzo Bean Flour (a.k.a. chickpea flour), Gluten-Free All Purpose Baking Flour (with chickpeas), Gluten-Free Garbanzo and Fava Bean Flour, White Bean Flour, and Black Bean Flour. Bob's suggests that these flours can be used in place of rice flour for breads, pizza, cakes, and cookies. Rice flour contains almost no protein, so these flours are a smart choice for bakers who want to increase the protein content of their baked goods.

Frozen Meals

Frozen entrees are great to keep on hand for a quick meal when time is tight. There are hundreds of frozen meal options and many that incorporate pulses, including Healthy Choice Café Steamers Unwrapped Burrito Bowl made with black and pinto beans. The meal contains 270 calories, 12 grams of fiber, and 9 grams of protein. Also, frozen burritos could not be easier for a quick on-the-go meal or snack. Reser's Baja Café Bean & Cheese Burrito made with pinto beans packs 320 calories, 5 grams of fiber and 10 grams of protein.

Dry & Canned Pulses

Of course you can still find pulses in their classic forms, dry and canned. Make sure to include a mix of pulses including beans, chickpeas, lentils and split peas in your regular shopping routine so they're on hand for quick, healthy, delicious meals.

Soups & Sides

Of course, soups and quick-preparation side dishes have always contained a variety of pulses. Next time you're at the grocery store, look through the soups and sides aisles and see if something new catches your eye. Amy's Organic Split Pea Soup is made with green split peas. A 1-cup serving provides 100 calories, 6 grams of fiber and 7 grams of protein. Campbell's Chunky Chili Hot & Spicy with Bean Firehouse is made with kidney beans. A 1-cup serving contains 240 calories, 7 grams of fiber and 14 grams of protein. And Zatarans Red Beans & Rice, the quintessential New Orleans dish, is made with what else? Red beans! A 1-cup prepared serving provides 230 calories, 6 grams of fiber and 9 grams of protein.



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