



# RETAIL DIETITIAN TOOLKIT





## PULSES



This toolkit was funded by an Idaho Specialty Crop Block Grant. Information compiled by Amy Myrdal Miller, MS, RDN and Megan Myrdal, MS, RDN of Farmer's Daughter Consulting.





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# Background Information:

## What Are Pulses?

*Pulses are one of the most versatile foods on the planet. Composed of dry peas, lentils, chickpeas and beans, these tiny nutritional powerhouses pack a punch of hearty fiber and protein – and they're sustainable to boot.*

### Chickpeas (Garbanzo Beans)



Kabuli



Desi

### Lentils



Green



Red



Small Brown



French Green



Black

### Dry Peas



Split Green



Split Yellow



Whole Green



Whole Yellow

### Beans



Adzuki



Black



Blackeye Peas



Kidney  
DARK RED



Kidney  
LIGHT RED



Great Northern



Navy



Pinto



Fava



Small Red



Mung



Lima



Cranberry



Pink









## Nutrition

### PULSES ARE:

- ✓ **Good source of protein**  
Lentils deliver **double the protein per serving of quinoa**
- ✓ **Excellent source of fiber**, including soluble fiber, insoluble fiber and resistant starch, contributing to their prebiotic effects. **All pulses have 4x more fiber than brown rice**
- ✓ **High in antioxidants**  
Per serving, red kidney beans have **higher antioxidant content than blueberries and pomegranate juice**
- ✓ **Iron-rich**  
One serving of black beans contains **1.5 times as much iron as one 3 ounce serving of flank steak**
- ✓ **Good source of potassium**  
One serving of dry peas **contains as much potassium as a banana**
- ✓ **Excellent source of folate**  
Chickpeas contain **3x more folate per serving than kale**
- ✓ **Gluten-free**
- ✓ **Sodium-free**
- ✓ **Cholesterol-free**
- ✓ **Low-glycemic index**

Nutritional information sourced from the USDA Nutrient Database, antioxidant data as published in Journal of Agricultural and Food Chemistry, June 9, 2004; All nutritional figures based on ½ cup serving of cooked pulses

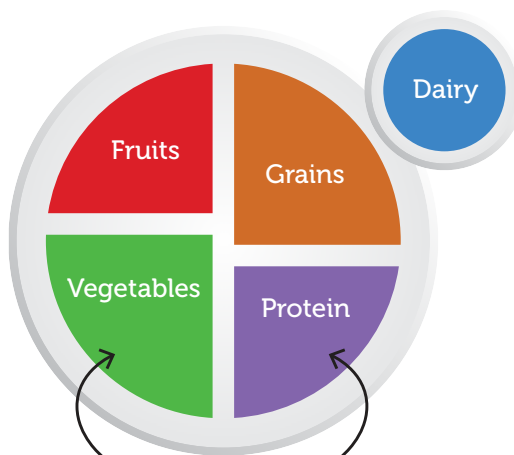
## How Do Pulses Compare?

						
1 SERVING = ½ CUP COOKED	PINTO BEANS	LENTILS	WHITE RICE*	BROWN RICE	POTATO	BROCCOLI
Kcals	122	115	121	109	68	27
Fat (g)	0.5	< 0.5	< 0.5	0.8	<0.5	0.3
Protein (g)	<b>7.0</b>	<b>8.9</b>	2.2	2.6	1.5	1.8
Carbohydrates (g)	22	20	26	23	16	5.6
Fiber (g)	<b>7.7</b>	<b>7.8</b>	0.3	1.8	1.4	<b>2.6</b>
Potassium (mg)	<b>373</b>	<b>365</b>	27	77	<b>296</b>	229
Iron (mg)	<b>1.8</b>	<b>3.3</b>	0.19	0.5	0.24	0.52
Magnesium (mg)	<b>43</b>	36	12	<b>43</b>	<b>17</b>	16

● Highlighted Text ≥ 20% Daily Value  
**Bold Text** ≥ 10% Daily Value

Data from the USDA National Nutrient Database

\* Medium Grain, not enriched



Pulses fit into **MyPlate** eating patterns as both **Vegetables** and **Protein**!

Choose **MyPlate.gov**







# JUST ADD PULSES

## USDA Dietary Guidelines

The 2015 Dietary Guidelines for Americans introduced three eating patterns promoting nutritious and healthy eating habits. These patterns are Healthy U.S.-Style Eating Pattern, Healthy Mediterranean-Style Eating Pattern and the Healthy Vegetarian Eating Pattern. The guidelines discuss diets ranging from 1,000 to 2,200 calories.

Each eating pattern is comprised of fruits, vegetables, grains, dairy, protein and oils.

Because of the unique nutrient profile of pulses, they fit into both the vegetable and protein groups.

The vegetable food category is divided into the following five different subcategories:

- Dark green
- Red and orange
- Legumes (including pulses)
- Starchy vegetables
- Other vegetables

Pulses fit into the Legume vegetable category that is defined as: "All cooked from dry or canned beans and peas: for example, kidney beans, white beans, black beans, lentils, chickpeas, pinto beans, split peas and edamame (green soybeans)". The Legumes category does not include green beans or green peas, which fit into the other and starchy vegetable groups, respectively.

Pulses can also be considered protein foods with  $\frac{1}{4}$  cup counting as a 1-ounce equivalent to meat and other protein. Each of these patterns includes a recommendation for pulses as follows:

## Healthy U.S. Style Eating Pattern

This pattern requires 2.5 cups of vegetables and 5.5 ounces of protein per day. It is expected that at least 1.5 cups per week of those vegetables are pulses.

## Healthy Mediterranean-Style Eating Pattern

This pattern requires 2.5 cups of vegetables and 6.5 ounces of protein per day. It is expected that at least 1.5 cups per week of those vegetables are pulses.


## Healthy Vegetarian Eating Pattern

This pattern requires a total of 2.5 cups of vegetables and 3.5 ounces of protein foods per day. It is expected that at least 1.5 cups per week of those vegetables are pulses.

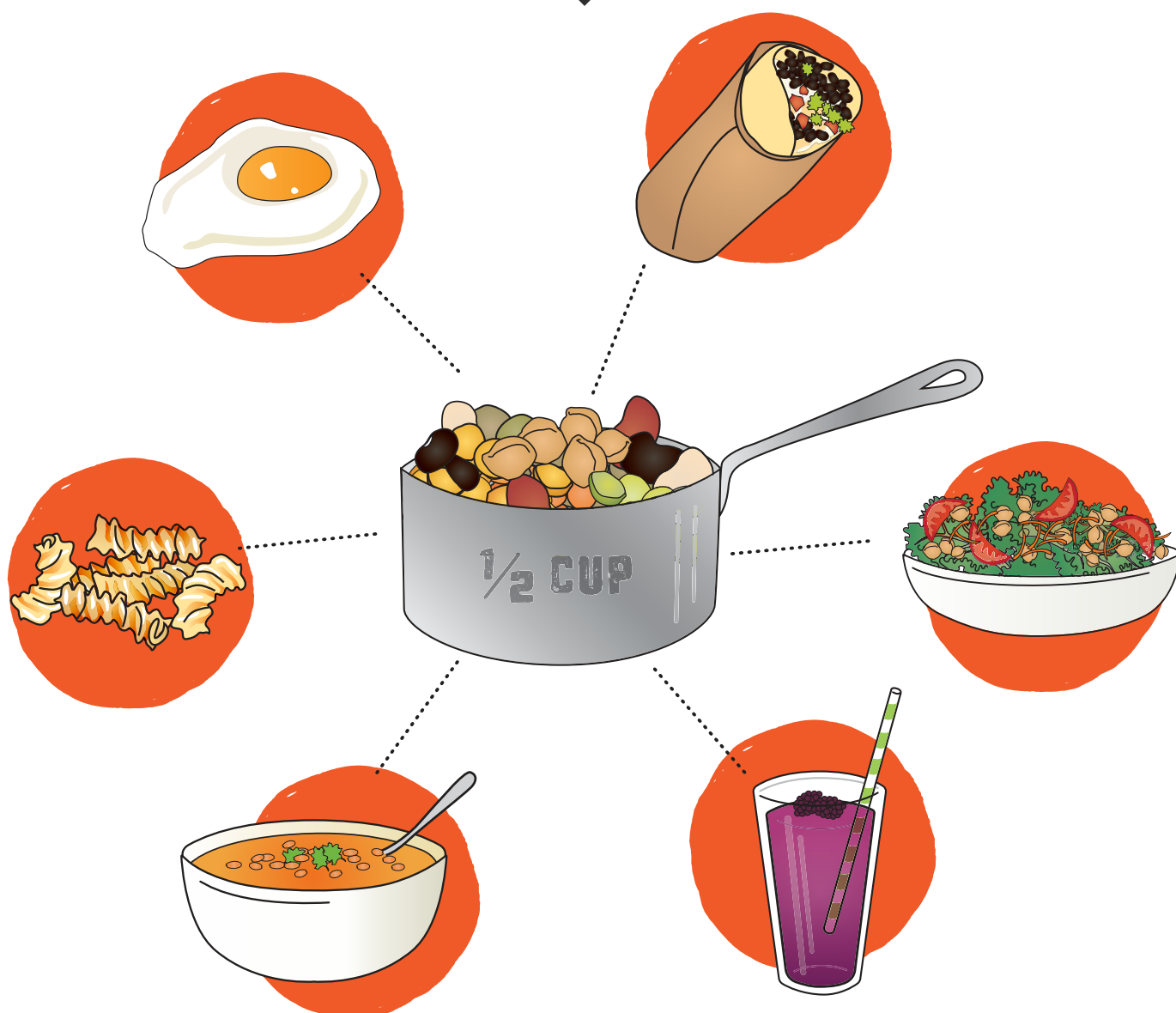
## Half-Cup Habit

In order to meet the recommended 1.5 cups per week of pulses included in the three healthy eating patterns as defined by the USDA, we recommend incorporating one half-cup serving of pulses into at least three meals per week. Because of their versatility, it's easy to incorporate these protein-, fiber- and nutrient-rich foods into any meal of the day!





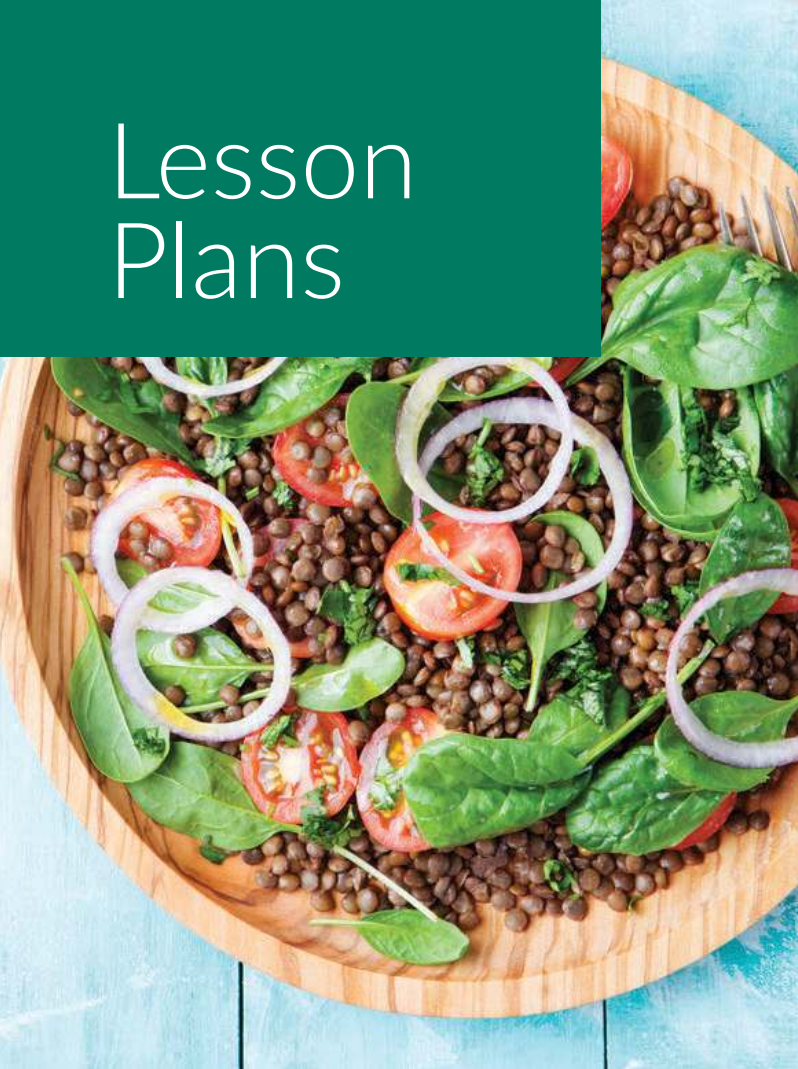
*Just add a half cup of beans, chickpeas, lentils or dry peas to: salads, pasta, burritos, eggs, soups or even smoothies!*



To take part in the Half-Cup Habit Challenge, visit [www.pulses.org/NAP](http://www.pulses.org/NAP)



# Lesson Plans



## Heart Health

### MENU

- KEY MESSAGES
- 7 TIPS FOR ENJOYING A HEART-HEALTHY MEDITERRANEAN DIET
- RECIPE: PASTA WITH CHICKPEAS AND SHRIMP
- RECIPE DEMONSTRATION GUIDE
- SOCIAL MEDIA MESSAGING + HASHTAGS
- SHARABLE GRAPHICS
- RECOMMENDED HANDOUTS

LEADERS NOTE: depending on time this can be shortened to 3 or 5 tips.

## 7 Tips for Enjoying a Heart-Healthy Mediterranean Diet

*7 Tips for Enjoying a Heart-Healthy Mediterranean Diet* is a program for supermarket registered dietitians that can be executed live or via media that teaches consumers simple strategies to follow a heart-healthy Mediterranean diet. This leader's guide includes key culinary and nutrition messages to resonate with consumers and the media, a Mediterranean diet recipe with demonstration guide, social media posts with complementary graphics and suggested participant handouts.

### KEY MESSAGES

- ✓ According to the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death in America and affects people of all ages and backgrounds.
- ✓ The Mediterranean diet is a heart-healthy eating plan. It emphasizes a variety of fruits and vegetables, whole grains, low-fat dairy, nuts and legumes, poultry, and seafood. This dietary patterns also focuses on using healthful plant oils like canola or olive oil in place of butter, lard, and other animal fats. It also encourages limiting or reducing red meat consumption, and enjoying a glass of wine with dinner.
- ✓ **Pulses—beans, chickpeas, lentils, and split peas**—are a heart-healthy, versatile superfood! They are a key part of the Mediterranean Diet, and include heart-health promoting nutrients like potassium and soluble fiber.
- ✓ Research shows that regularly eating pulses can lower blood cholesterol, reduce blood pressure, and help to maintain a healthy body weight, which all promote heart health.

## 7 TIPS FOR ENJOYING A HEART-HEALTHY MEDITERRANEAN DIET



### #1: Make Half Your Plate Fruits & Vegetables

This simple message is a great way to increase healthful, plant foods in your diet. Commit to making half your plate fruits and vegetables at least one meal a day. Also, remember that pulses' unique combination of nutrients allows them to count as either a vegetable or protein food.



### #2: Choose Fiber-Rich Foods

Fiber not only keeps you regular, it is a key part of a heart-healthy diet. Fiber comes in two forms, soluble and insoluble, and pulses are a good source of both. Soluble fiber attaches to cholesterol particles inside your digestive track and takes them out of the body, helping to reduce your risk for heart disease. Insoluble fiber assists with digestion and regularity. One cup of cooked pulses gives you more than half the amount of fiber you need for the entire day.



### #3: Reduce Salt With Herbs & Spices

Herbs and spices add great flavor to foods while reducing the need for added salt. A heart-healthy diet recommends reducing sodium intake to 1500 mg per day to lower blood pressure. Pulses are a canvas of possibilities and depending on your culinary direction, can be used in any cuisine with any flavor profile. Pulses prepared from their dry form have little-to-no sodium. Draining and rinsing canned pulses can cut sodium up to 40%.



### #4: Eat Plant-Forward

Plant-forward eating means making plant-based foods the star of your meal. Creating meals with a variety of plant-based foods from different food groups (think fruits, vegetables, pulses, grains, nuts and seeds)—with a moderate amount of meat, seafood, or dairy, if you choose—helps you create nutrient-rich, flavorful meals.



### #5: Build Balanced Meals with Pulses + Grains

Pulses and whole grains are both plant-based sources of protein and key components of a healthy diet. Proteins are created from twenty different amino acid building blocks, nine of which cannot be produced by the body and are called “essential.” Most plant-based proteins lack one or more of the essential amino acids, but when two or more plant-based proteins are combined, each food can provide the essential amino acid(s) that the complementary food is missing. Grains and pulses are complementary proteins. Therefore when you eat the two together, you get a complete protein or all nine essential amino acids. Beans and rice, anyone?



### #6: Look to the Versatile Pulse

Pulses are a versatile superfood! You can add them to lasagna, tacos, casseroles, or chili to cut the meat and up the fiber. Toss pulses into pastas or salads to boost protein and fiber. Or puree them and add to baked goods. They taste great in everything from salads to smoothies. The “pulsabilities” are endless.



### #7: Cook Meals At Home

Cooking meals at home may take a little time, but cooking at home can help you save money and eat better. Cooking healthy meals at home does not have to be complicated or time consuming. Look for healthful, cost-saving ingredients like frozen vegetables, quick-cooking or pre-cooked whole grains, and canned pulses. Keep these healthful ingredients on hand for quick, easy, heart-healthy weekday meal preparation.





## RECIPE

# PASTA WITH CHICKPEAS AND SHRIMP

This recipe takes cues from traditional Mediterranean cuisine. Seafood, pasta, pulses in all their glorious forms, extra virgin olive oil, and wine are common ingredients in many Mediterranean kitchens, but this recipe is very Italian. Pair with a simple green salad and a glass of dry white wine for a complete meal.

**COOK TIME:** 20 min. **STAND TIME:** 3 min.  
**MAKES:** 7 cups (4 entrée servings)

## INGREDIENTS

- 1 (14.5-ounce) can vegetable or chicken broth (1 ¾ cups)
- 2 cups water (or 1 ½ cups water plus ½ cup white wine)
- 8 ounces rotini or penne pasta (uncooked)
- 12 ounces, fresh or frozen shrimp, 21-30 count size, peeled and deveined
- 1 (15-ounce) can chickpeas (garbanzo beans), drained and rinsed
- 1 7-ounce container refrigerated prepared pesto
- ¼ cup grated Parmesan cheese, optional
- 1 lemon, zested and juiced
- Freshly cracked black pepper
- Fresh flat leaf parsley, chopped, for garnish

## DIRECTIONS

1. Bring broth and water to a boil in a 4-5 quart-size saucepan. Stir in pasta. Bring to a boil, then reduce heat to a medium-low simmer. Cover with lid slightly ajar and cook 1 minute less than recommended pasta cook time.
2. Meanwhile, if shrimp is frozen, place in a bowl of lukewarm water to thaw, about 5 minutes. Drain. Remove tails.
3. Stir shrimp into pasta and cook 1 minute.
4. Add chickpeas, pesto, Parmesan cheese, lemon zest and half the lemon juice. Stir to combine. Let stand covered for sauce to thicken. Taste and add remaining lemon juice if desired. Serve with freshly cracked black pepper and additional Parmesan if desired. Garnish with freshly minced parsley.

## NUTRIENTS PER SERVING (4) — SIZE: 1 ¾ CUPS

Calories **635** | Total Fat **28g** | Saturated Fat **7g** |  
Trans Fat **0g** | Cholesterol **135mg** | Sodium **960mg** |  
Total Carbohydrates **59g** | Dietary Fiber **7g** | Sugars **8g** |  
Protein **36g** | Vitamin D **0.16mcg** | Calcium **370mg** |  
Iron **4.4mg** | Potassium **475mg**

## RECIPE DEMONSTRATION GUIDE: PASTA WITH CHICKPEAS AND SHRIMP

### NOTES

- Rotini is the preferred shape for holding the sauce and for cooking in this no-drain method.
- The total amount of liquid to cook pasta varies by shape and brand of pasta. Add additional water by ¼ cupful at end of cooking if pasta looks dry.
- If sauce is thin, simmer briefly uncovered. Sauce thickens on standing.
- It's best to serve this dish within 5 minutes of cooking.
- This recipe was developed with regular, not low-sodium beans.
- The recipe was tested with wheat pasta. Non-gluten pastas should perform similarly.

### SHOPPING LIST

#### STAPLES

- 1 (15-ounce) can chickpeas (garbanzo beans)
- 1 (15-ounce) can vegetable or chicken broth
- 1 package (12- or 16-ounce) rotini or penne pasta.
- Lentil pasta if available.

#### REFRIGERATED

- One 7-ounce package prepared pesto
- Grated Parmesan cheese or shelf-stable grated parmesan

#### PRODUCE

- 1 lemon

### SUPPLIES

- 4-5 quart saucepan with lid
- Bowl for shrimp (to thaw shrimp in water if using frozen)
- Colander to drain shrimp and garbanzo beans
- Wooden spoon or silicon spatula for stirring pasta
- Knife to cut lemon
- Micro-plane for zesting lemon
- Lemon juicer/squeezer
- Pepper grinder with pepper
- Paper plates, forks, napkins for samples



## SUGGESTED DEMO FORMAT AND TALKING POINTS

1. Measure broth and/or water, wine. Bring to boil.
2. Remove tails from shrimp.
3. Drain chickpeas and discuss pulse varieties. White beans could be an alternative ingredient in this recipe.
4. Show amount of liquid remaining in pasta before stirring in shrimp.
5. Stir in chickpeas, pesto, lemon and Parmesan.
6. Garnish with minced parsley.

### DISCUSS CONVENIENCE AND DIFFERENCES OF CANNED VS. DRY BEANS.

- This recipe can be made with dry chickpeas, which would need to be soaked and cooked before starting this recipe.
- I'm using canned chickpeas because they are so convenient, especially in a recipe like this that can help you get dinner on the table in less than 30 minutes.
- Sodium in canned chickpeas and beans varies by brand. Compare and choose low-sodium if desired.
- Draining and rinsing can remove up to 40% of the added sodium.

### TALK ABOUT PASTA CHOICES.

- There are some wonderful pastas made with lentils and other pulse flours.
- The lentil pastas are higher in fiber than conventional pasta.
- You can also use gluten-free pasta in this recipe.
- No matter what type of pasta you choose, I recommend selecting a short, rotini or spiral pasta for this no-drain method recipe.

### INGREDIENT PREP WHILE TALKING AND PASTA IS COOKING:

- Grate lemon zest and juice lemon.
- Open prepared pesto.
- Grate fresh Parmesan if not using pre-grated.



## Social Media Messaging + Hashtags

Sharing 7 simple tips to follow a heart **#healthy** **#Mediterranean** diet today + making delicious Pasta w/ Chickpeas & Shrimp. **#LovePulses**

Pulses are a versatile **#superfood** + a key part of the **#Mediterranean** diet. Eat pulses every day for a healthy heart. **#LovePulses** **#halfcuphabit**

Pulses are heart-healthy. Regularly eating **#pulses** can lower cholesterol, blood pressure + maintain a healthy body weight. **#LovePulses**

## Sharable Graphics

- "Pulses are a Heart-Healthy, Versatile Superfood." **#LovePulses**

## Recommended Handouts

- 24** *10 Tips for Putting More Pulses in Your Diet*
- 28** *Know The Facts: 7 Reasons to Eat Pulses for a Healthy Heart*
- 30** *Pulse-Powered Menus for Plant-Loving People*
- 32** *All the Places You'll Find Pulses*
- 36** *The Incredible, Versatile Pulse*







# Plant-Forward Eating

## MENU

- KEY MESSAGES
- 10 TIPS TO EAT PLANT-FORWARD
- RECIPE: GREAT NORTHERN BEAN & BARLEY SALAD
- RECIPE DEMONSTRATION GUIDE
- SOCIAL MEDIA MESSAGING + HASHTAGS
- SHARABLE GRAPHICS
- RECOMMENDED HANDOUTS

LEADERS NOTE: depending on time this can be shortened to 3, 5 or 7 tips.

## 10 Tips for Plant-Forward Eating

*10 Tips for Plant-Forward Eating* is a program for supermarket registered dietitians that can be executed live or via media that teaches consumers how to buy and eat a more plant-forward diet. This leader's guide includes key culinary and nutrition messages to resonate with consumers and the media, 10 tips to eat a plant-forward diet, a plant-forward recipe with demonstration guide, social media posts with complementary graphics and suggested participant handouts.

### PLANT-FORWARD EATING KEY MESSAGES

- ✓ A plant-forward diet, rich in fruits, vegetables, whole grains, pulses, nuts, seeds and healthy oils, has been shown to be good for our health and the health of the planet.
- ✓ Eating plant-forward is not only good for health, especially your heart, it's also a delicious way to save time and money!
- ✓ A plant-forward diet, rich in pulses, is versatile and provides endless options for delicious, craveable meals and snacks.

### 10 TIPS FOR PLANT-FORWARD EATING

"Eat food, not too much, mostly plants." This simple phrase from author Michael Pollan encompasses much of what we know about dietary patterns that are good for our health and the health of the planet. Plant foods include fruits, vegetables, whole grains, pulses, nuts and seeds. We're all told to eat more plants, but how can we do this in a simple way on a daily basis? Here are 10 simple tips to follow a plant-forward diet.





### #1: Make Half Your Plate Fruits & Vegetables

This simple message is an easy way to increase healthful, plant-based foods in your diet. There are hundreds of different varieties of pulses (think beans, chickpeas, lentils and split peas) grown all over the world, and their subtle flavors make them the perfect canvas for a variety of delicious herb and spice combinations. Pulses' unique combination of nutrients allows them to count as either a vegetable or protein food.



### #2: Build Healthful Meals With Pulses + Grains

Pulses and whole grains are both plant-based sources of protein and key components of a healthy diet. Proteins are created from twenty different amino acid building blocks; nine of which cannot be produced by the body and are called "essential." Most plant-based proteins lack one or more of the essential amino acids, but when two or more plant-based sources of protein are combined, each food can provide the essential amino acid(s) that the complementary food(s) is missing. Grains and pulses are complementary proteins. Therefore when you eat the two together, you get a complete protein or all nine essential amino acids. Beans and rice, anyone?



### #3: Make Eating Vegetables Easy

Preparing produce (washing, peeling, chopping, grating, etc.) ahead of time makes mealtime prep quick and easy. Also, having snack-ready vegetables on hand makes plant foods the easy choice. Have pre-cut broccoli, cauliflower, cucumbers, sliced peppers, and carrots in the fridge and pair them with a pulse-based spread like hummus or bean dip. Also, keep canned or frozen vegetables on hand, like canned beans, chickpeas, and lentils, for fast, easy meal preparation.



### #4: Look for Plant-Forward Snacks

There are countless snack options available to enjoy delicious plant-based foods. Check your grocery store snack aisle for all the latest snack options that incorporate pulses. You can also find pulses in chips, crackers, cereals, and dairy alternatives to name a few!



### #5: Up Your Plant-Based Proteins

Plant-based proteins include foods like beans, peas, chickpeas, lentils, nuts and seeds. Plant-based proteins provide a unique combination of nutrients including filling protein and fiber, plus other important nutrients for a healthy body. If you're making hamburgers, try replacing half the ground beef with mashed pinto beans. Cooking up homemade mac n' cheese for dinner? Try replacing up to half the cheese sauce with yellow split pea puree. Get creative with healthy cooking and baking swaps with pulses.



### #6: Eat a Mediterranean-Style Diet

The Mediterranean diet is the traditional eating pattern of countries along the Mediterranean Sea. Rich in fruits, vegetables, whole grains, pulses, nuts, seeds and olive oil, the Mediterranean diet is considered one of the world's healthiest dietary patterns. Numerous studies have shown that the Mediterranean diet promotes health and longevity and may prevent chronic diseases like heart disease. If you're trying to follow a Mediterranean diet, remember that consuming pulses is a key part of this dietary pattern.



### #7: Feature Fruit in Meals and Snacks

Fruit is a great choice for a healthy, convenient snack or dessert. Make fruit the easy and appealing choice by displaying fresh fruit in a beautiful wooden bowl on your kitchen counter. Keep sliced fruit on hand in the refrigerator for easy, frequent consumption. Add frozen fruit to smoothies. And keep snack mixes made with dried fruit and nuts in your car, purse, or office desk drawer for a quick, convenient and healthful snack option when hunger strikes.



### #8: Start Your Day With A Plant-Forward Smoothie

Smoothies are a great way to pack in lots of plants. But don't limit yourself; your plant options go way beyond fruit! Adding vegetables and pulses to smoothies is a great way to get a variety of plant-based foods and all the healthful nutrients that go along with each plant. Adding pea protein powder is an easy way to up the protein in any smoothie.



### #9: Eat Seasonally

A juicy peach. Sweet, tender corn on the cob. The flavors of seasonal fruits and vegetables are a joy to savor. Eating foods in the season that they are harvested not only provides exceptional flavor, it also makes incredible flavors more affordable. Pulses are always affordable and always in season. Why? Because they are allowed to dry in the pod before being harvested, they can be stored safely for years. Pulses can enhance the flavor and nutrition of your favorite seasonal foods all year long!



### #10: Savor Plant-Based Spreads

Whether hummus is your jam or you prefer a roasted eggplant dip, plant-based spreads are so delicious. Use them as a dip for whole grain crackers or vegetable crudité, the base of a vegetable flatbread or a meat-alternative for a sandwich or wrap.



## RECIPE

# GREAT NORTHERN BEAN & BARLEY SALAD

This is an incredibly easy recipe. You can make this salad one day and enjoy it for many days to come. Pair the salad with whole grain bread for a satisfying plant-forward meal.

**COOK TIME:** 25 min. **STAND TIME:** 3 min.  
**MAKES:** 6 cups (6 entrée servings or 12 ½-cup side salad servings)

## INGREDIENTS

- 1 cup pearl barley (uncooked)
- 4 cups water
- ¼ teaspoon salt (optional)
- 1 (15-ounce) can Great Northern beans, drained and rinsed
- 2 cups (1 pint) cherry tomatoes, halved
- ½ cup chopped walnuts, toasted
- ½ cup lightly packed parsley leaves
- ¼ cup lightly packed mint leaves
- ¼ cup lightly packed cilantro
- ½ cup bottled Champagne vinaigrette dressing
- ¼ teaspoon freshly cracked pepper

## DIRECTIONS

1. Combine barley, water and salt in a 4-5 quart-size saucepan. Bring to a boil. Reduce heat to medium-low and simmer 18-20 minutes until tender. Drain and lightly rinse.
2. Place beans, barley, tomatoes, walnuts, herbs and black pepper in a large bowl. Stir in vinaigrette. Serve immediately or chill before serving.

## NUTRIENTS PER SERVING (6) — SIZE: 1 CUP

Calories **375** | Total Fat **16g** | Saturated Fat **1g** |  
Trans Fat **0g** | Cholesterol **0mg** | Sodium **350mg** |  
Total Carbohydrates **49g** | Dietary Fiber **10g** | Sugars **5g** |  
Protein **11g** | Vitamin D **0mcg** | Calcium **70mg** |  
Iron **2.6mg** | Potassium **530mg**

## RECIPE DEMONSTRATION GUIDE: GREAT NORTHERN BEAN & BARLEY SALAD

## NOTES

- Barley can be cooked ahead and refrigerated.
- This recipe was developed with regular, not low-sodium beans.
- Toast walnuts before demo.
- Amounts of fresh herbs can be adjusted; use more or less of each as desired.

## SHOPPING LIST

### STAPLES

- 1 (15-ounce) can Great Northern beans
- 1 16-ounce package pearl barley
- 1 bottle Champagne vinaigrette dressing

### PRODUCE

- 1 pint cherry tomatoes
- 1 bunch parsley
- 1 bunch mint
- 1 bunch cilantro
- 4 ounces walnuts

## SUPPLIES

- 4-5 quart saucepan with lid to cook barley
- Colander to drain barley
- Wooden spoon or silicon spatula for stirring
- Salad bowl
- Utility bowl for draining barley and beans if no sink available
- Measuring cup for dressing
- Cutting board
- Knife to chop herbs
- Pepper grinder with pepper
- Paper plates, forks, napkins for samples

## SUGGESTED DEMO FORMAT AND TALKING POINTS

1. Measure barley and cook. Or show precooked.
2. Drain and rinse beans, or discuss sodium-reduction benefits of draining and rinsing.
3. Slice cherry tomatoes.
4. Chop herbs and walnuts.
5. Combine salad.





DISCUSS CONVENIENCE AND DIFFERENCES OF CANNED VS. DRY BEANS.

- Sodium in canned beans varies by brand. Compare and choose low-sodium if desired.
- Draining and rinsing can remove up to 40% of the added sodium.
- Draining and rinsing beans has another benefit. The beans look “cleaner” and look better in salads.
- It's not necessary to rinse canned beans for chilis or stews, but draining and rinsing does slightly reduce the sodium in the final dish.
- What is the thick liquid in canned beans? It's the canning liquid, which is water, sodium and some of the starch from the beans.

TALK ABOUT PULSES AND PEARL BARLEY.

- Pearl barley has been processed to remove the tough outer hull and the bran. It cooks more quickly than whole grain barley. You can use whole grain barley in this salad if you wish.
- Great Northern beans have the highest fiber content of any bean.
- All beans and other pulses like lentils, chickpeas and split peas are rich in fiber.

INGREDIENT PREP TO DO WHILE TALKING:

- Drain and rinse beans.
- Slice tomatoes.
- Chop walnuts and herbs.



## Social Media Messaging + Hashtags

Sharing 10 simple tips to eat a **#plantforward** diet today + a delicious a Great Northern Bean & Barley Salad. **#lovepulses #halfcuphabit**

**#Pulses** are a key part of a **#plantforward** diet along with fruits, vegetables, whole grains, nuts, seeds & healthy oils. **#LovePulses #halfcuphabit**

A plant-forward diet is good for your health + the health of the planet. It's also a delicious way to save time & money! **#LovePulses**

## Sharable Graphics

- “10 Tips to Eat A Plant-Forward Diet”

## Recommended Handouts

- 24** 10 Tips for Putting More Pulses in Your Diet
- 26** 10 Tips to Eat a Plant-Forward Diet
- 28** Know The Facts: 7 Reasons to Eat Pulses for a Healthy Heart
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## Eating Well, Saving Money

### MENU

- KEY MESSAGES
- 7 TIPS TO EAT WELL, SAVE MORE
- RECIPE DEMONSTRATION GUIDE
- RECIPE CARD
- SOCIAL MEDIA MESSAGING + HASHTAGS
- SHARABLE GRAPHICS
- RECOMMENDED HANDOUTS

LEADERS NOTE: depending on time this can be shortened to 3 or 5 tips.

## 7 Tips for Eating Well, Saving More

*7 Tips for Eating Well, Saving More* is a program for supermarket registered dietitians that can be executed live or via media that teaches consumers how to buy and eat healthy food while saving time and money. This leader's guide includes key culinary and nutrition messages to resonate with consumers and the media, seven tips to eat well and save more, an easy, delicious cost- and time-saving recipe with demonstration guide, social media posts with complementary graphics and suggested participant handouts.

### KEY MESSAGES

- ✓ There are simple things you can do every day at the grocery store and in your kitchen to help you save time and money while eating well.
- ✓ **Pulses (think beans, chickpeas, lentils and split peas)** are a delicious, cost-effective part of a healthy, plant-forward diet and a source of plant-based protein.
- ✓ Pulses are low-cost, versatile superfoods. They are rich in key nutrients, grown and eaten all over the world, and pair well with many flavor profiles.

### 7 TIPS FOR EATING WELL, SAVING MORE

We all want to eat well, but healthy eating on a budget can be challenging. A healthful diet includes a wide variety of foods including fruits, vegetables, whole grains, low-fat dairy, lean meats, pulses, nuts, seeds and healthful oils. Here are 7 simple tips for enjoying a wide variety of delicious, healthful foods while saving money.



### #1: Go Plant-Forward With Your Protein

Eating pulses is not only good for your health, it's good for your wealth. A half-cup serving of pinto beans or lentils costs fifteen times less than a 3-ounce serving of ground beef. When you're at the grocery store, stock up on pulses in both dry and canned form. Both forms are shelf-stable ingredients that can last for months if stored in your pantry or kitchen cabinet.



### #2: Build Healthful Meals With Pulses + Grains

Pulses and whole grains are both plant-based sources of protein and key components of a healthy diet. Proteins are created from twenty different amino acid building blocks; nine of which cannot be produced by the body and are called "essential." Most plant-based proteins lack one or more of the essential amino acids, but when two or more plant-based sources of protein are combined, each food can provide the essential amino acid(s) that the complementary food(s) is missing. Grains and pulses are complementary proteins. Therefore when you eat the two together, you get a complete protein or all nine essential amino acids. Beans and rice, anyone?



### #3: Build Your Pantry

While some staple pantry items like olive oil, vinegars, and spices may be expensive, they last a long time and using just a little bit makes a recipe go a long way! Also having a full stock of cooking and baking essentials, as well as dried pastas, grains, and pulses, provides countless opportunities to make homemade, healthful, cost-saving meals every day of the week.



### #4: Buy in Bulk, When You Can

Buying ingredients in large quantities usually brings the cost per serving down. Buying healthful, shelf-stable ingredients in bulk is a great way to save money, but make sure you're choosing ingredients that are versatile. Pulses are an incredibly versatile superfood, plus they're awesomely affordable. You can boost nutrition and cut cost by replacing half your meat in tacos, casseroles, meatloaf or meatballs with pulses. Add pulses to dips or smoothies, or bake brownies or breads with pulse flours. The "pulsabilities" are endless.



### #5: Shop Seasonally

An aromatic, juicy peach. Sweet, tender corn on the cob. The flavors of seasonal fruits and vegetables are a joy to savor. Eating foods in the season that they are harvested not only provides exceptional flavor, it also makes incredible flavors more affordable. Pulses are always affordable and always in season. Why? Because they are allowed to dry in the pod before being harvested, they can be stored safely for years. Pulses can enhance the flavor and nutrition of your favorite seasonal foods all year long!



### #6: Savor the Flavor and Savings of Frozen and Canned

We often hear that fresh is best, but that simply isn't true. There are many fruits and vegetables that can be just as healthy and often more flavorful in their frozen or canned form. Frozen and canned foods last a lot longer than fresh and are less likely to spoil.

Also, saving time can sometimes be just as valuable as saving money. A chicken breast takes 15 minutes to cook. How long does it take to open a can of chickpeas? Less than 15 seconds!



### #7: Honor the Harvest

Throwing away food is just like throwing away money. Before you grocery shop, make sure you have a plan. Inventory what you already have (especially in the refrigerator), plan your meals for the week, and make a list of what you need to buy. Remember, farmers work hard to grow food for us. Honor the harvest by working to reduce food waste.



## RECIPE

# PROTEIN POWER EGG & BEAN BAKE

Eggs are well known for their protein, but when you combine them with fiber-rich black beans and quinoa, the overall nutrient content of this dish is impressive. This is an easy dish to make and it reheats well. You can serve it for breakfast, lunch, or dinner. Pair it with fruit for a complete meal any time of day.

**PREP TIME:** 15 min.  
**BAKE TIME:** 35 min.  
**MAKES:** 12 (3x3.25-inch) servings

## INGREDIENTS

- ½ cup quinoa (uncooked)
- 1 cup water
- 1 (15-ounce) can black beans, drained and rinsed
- 1 large red bell pepper, diced
- ¼ cup thinly sliced green onion (~ 2 green onions)
- 1 ½ cups (6-ounce) shredded cheddar cheese
- ⅓ cup all-purpose flour
- 1 cup 2% milk
- 4 eggs
- 1 (4 -ounce) can fire-roasted diced green chiles
- 1 teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- ¼ teaspoon salt

## DIRECTIONS

1. Combine quinoa and water in a 2-3 quart-size saucepan. Bring to a boil. Reduce heat to low; cover and simmer 15 minutes or until water is absorbed. Remove from heat.
2. Preheat oven to 350°F. Coat a 9x13-inch baking dish with cooking spray.
3. Place quinoa and black beans in dish; Stir to combine then press evenly into dish.
4. Sprinkle bell pepper and green onion over beans and quinoa. Sprinkle with cheese.
5. Place flour in a 4-cup measuring cup or bowl. Gradually whisk in milk until smooth. Whisk in eggs, chiles, cumin, cayenne and salt. Pour evenly into dish.
6. Bake 35 minutes or until center is set. Let cool 10 minutes. Cut into squares to serve.

## NUTRIENTS PER SERVING (12 SERVINGS) — SIZE: 1 SQUARE

Calories **170** | Total Fat **7g** | Saturated Fat **3.5g** |  
Trans Fat **0g** | Cholesterol **80mg** | Sodium **250mg** |  
Total Carbohydrates **16g** | Dietary Fiber **3.5g** | Sugars **2g** |  
Protein **10g** | Vitamin D **0.62mcg** | Calcium **160mg** |  
Iron **1.6mg** | Potassium **270mg**

## RECIPE DEMONSTRATION GUIDE: PROTEIN POWER EGG & BEAN BAKE

## NOTES

- Quinoa can be cooked in advance and refrigerated.
- This recipe was developed with regular, not low-sodium black beans.
- Egg bake squares hold together better as the dish cools.
- This dish can be served warm, cold, or room temperature.
- Serving suggestion: place squares over lightly dressed greens.
- If you wish to provide samples of this dish, cut into 24 (2.25" x 2") pieces.

## SHOPPING LIST

### STAPLES

- 2 (15-ounce) cans black beans (not low-sodium unless required)
- 1 package quinoa
- 1 pound all-purpose flour
- 1 jar ground cumin
- 1 jar cayenne pepper
- Salt
- 2 (4-ounces) cans fire roasted diced green chiles

### PRODUCE

- 1 large red bell pepper
- 1 bunch green onions

### DAIRY

- 1 dozen eggs
- 1 pint or quart 2% milk
- 12 ounces shredded medium or sharp cheddar cheese

## SUPPLIES

- Cutting board
- Chef's knife
- 2-3 quart saucepan with lid
- Colander
- Bowl to set colander over for draining beans if sink is not available
- Can opener
- Whisk
- Silicon spatula
- Offset or pancake spatula (for serving)
- 1-cup liquid measuring cup
- 4-cup liquid measuring cup or medium bowl preferably with lip
- ½ cup dry measuring cup
- 9x13-inch baking dish, preferably Pyrex or ceramic for appearance
- 1 can non-stick cooking spray
- Paper plates, forks, napkins for samples

## SUGGESTED DEMO FORMAT AND TALKING POINTS

1. Cook quinoa (or cook in advance).
2. Drain and rinse beans.
3. Press beans and quinoa into spray-coated baking dish.
4. Dice bell pepper and green onion.
5. Spread bell pepper, green onion and cheese in pan.
6. Whisk egg mixture; pour into pan.
7. Bake if oven available at demo or have pre-baked recipe for sampling.

### DISCUSS CONVENIENCE AND DIFFERENCES OF CANNED VS. DRY BEANS.

- Sodium in canned beans varies by brand. Compare and choose low-sodium if desired.
- Draining and rinsing can remove up to 40% of the added sodium.
- It's not necessary to rinse canned beans for chilis, stews or an egg bake like this, but draining and rinsing does slightly reduce the sodium in the final dish.
- What is the thick liquid in canned beans? It's the canning liquid, which is water, sodium and some of the starch from the beans.

### TALK ABOUT QUINOA AND PULSES.

- Quinoa is a whole grain product. While not a "high protein" food, quinoa does contain higher amounts of protein compared to other grains.
- Pulses like black beans, lentils, chickpeas, and split peas are good sources of plant-based protein. They are also rich in fiber.
- Quinoa cooks quickly for a whole grain, in less than 15 minutes.
- Quinoa is a gluten-free whole grain.
- To make this a gluten-free ingredient, omit the all-purpose flour. You can use finely ground corn meal or quinoa flour in its place.

### INGREDIENT PREP TO DO WHILE TALKING:

- Dice red bell pepper; you can also use green bell.
- Slice green onion; use all the white and green parts.

### TALKING POINTS WHILE MAKING THE EGG MIXTURE:

- Show whisking milk into flour; discuss whisking slowly to prevent lumps of flour.



## Social Media Messaging + Hashtags

Sharing 7 simple tips to eat well + save money today. BONUS: Try a delicious, low cost **#protein** power egg bake. **#lovepulses #halfcuphabit**

**#Pulses** (beans, peas, chickpeas & lentils) are a key part of a **#plantforward** diet + a source of **#plantbased #protein #halfcuphabit**

A ½ cup of pinto **#beans** or **#lentils** costs 15X less than a 3-ounce serving of ground beef. **#halfcuphabit #lovepulses**

## Sharable Graphics

- "7 Tips to Eat Well, Save More"
- "Eat Well Save More With Pulses"  
**#plantforward**

## Recommended Handouts

- 24 10 Tips to Putting More Pulses in Your Diet
- 26 10 Tips to Eat a Plant-Forward Diet
- 30 Pulse-Powered Menus for Plant-Loving People
- 32 All the Places You'll Find Pulses
- 36 The Incredible, Versatile Pulse
- 34 Eating Well, Saving More





# Additional Resources

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# Healthy Cooking & Baking Swaps *With* Pulses



www.pulsepledge.com

## TACOS

REPLACE:

½ OR ALL  
SHREDDED  
PORK

OR: replace ½ the  
meat in any recipe



WITH THIS:

COOKED  
PARDINA  
LENTILS

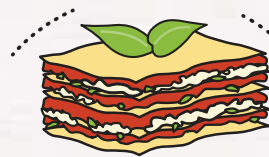
### BENEFITS:

✓ Fewer CALORIES ✓ Less FAT ✓ More FIBER

## LASAGNA

REPLACE:

½ OR ALL  
RICOTTA  
CHEESE



WITH THIS:

PUREED  
CANNELLINI  
BEANS

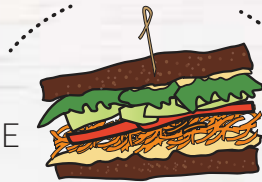
### BENEFITS:

✓ Fewer CALORIES ✓ Less FAT ✓ More FIBER

## SANDWICH SPREAD

REPLACE:

MAYONNAISE



WITH THIS:

HUMMUS

### BENEFITS:

✓ Less FAT ✓ More FIBER ✓ More PROTEIN

## BURGERS

REPLACE:

½ OR ALL  
GROUND  
BEEF



WITH THIS:

MASHED  
PINTO  
BEANS

### BENEFITS:

✓ Fewer CALORIES ✓ Less FAT ✓ Less SATURATED FAT ✓ More FIBER

## MUFFINS

OR: replace ½ the flour called for in any baked goods recipe

REPLACE:

UP TO ½  
ALL-PURPOSE  
FLOUR



WITH THIS:

CHICKPEA  
FLOUR

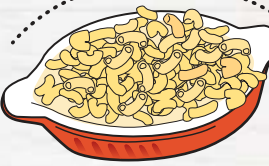
### BENEFITS:

✓ More FIBER ✓ More PROTEIN ✓ More FOLATE ✓ More IRON

## MAC N' CHEESE

REPLACE:

UP TO ½  
CHEESE  
SAUCE



WITH THIS:

YELLOW  
SPLIT PEA  
PUREE

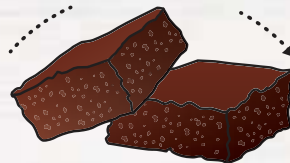
### BENEFITS:

✓ Less FAT ✓ More FIBER

## BROWNIES

REPLACE:

1 CUP  
FLOUR



WITH THIS:

1 15oz. CAN  
BLACK  
BEANS,  
PUREED

### BENEFITS:

✓ More FIBER ✓ More PROTEIN

## VEGGIE BOWLS

REPLACE:

½ OR ALL  
QUINOA



WITH THIS:

COOKED  
GREEN  
LENTILS

### BENEFITS:

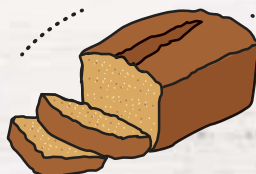
✓ More FIBER ✓ More PROTEIN

## BANANA BREAD

OR: Replace ½ the butter called for in any baked goods recipe

REPLACE:

½ OR ALL  
BUTTER



WITH THIS:

WHITE  
BEAN  
PUREE

### BENEFITS:

✓ Fewer CALORIES ✓ Less FAT ✓ More FIBER ✓ More PROTEIN

## CHOCOLATE CHIP COOKIES

REPLACE:

½ OR ALL  
OIL



WITH THIS:



RED  
LENTIL  
PUREE

### BENEFITS:

✓ More FIBER ✓ More PROTEIN



# Simple Guide to COOKING PULSES

Pulse	 To Soak or Not To Soak*	 Bring to a Boil, then Simmer for:
<b>BEANS</b>		
<b>Small-Medium</b> (like black, kidney, pinto and Great Northern beans)	✓	1-2 Hours
<b>Large</b> (like lima beans and fava beans)	✓	2-4 Hours
<b>CHICKPEAS</b>	✓	1.5-2 Hours
<b>LENTILS</b>		
<b>Whole</b> (skins on, like green, Pardina and French green lentils)	✗	20-30 Minutes
<b>De-hulled</b> (skins removed, like red split lentils)	✗	5-10 Minutes
<b>PEAS</b>		
<b>Whole</b>	✓	40-45 Minutes
<b>Split</b>	✗	20-30 Minutes

\*Soaking pulses for 4-8 hours before cooking is recommended (but not required) to reduce the cooking time and ensure beans, chickpeas and whole dry peas cook evenly. If you opt not to soak, add 1-2 hours of simmering time.

# How to Store Pulses

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

## 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

### Salads



**STORE TIME: UP TO 3 DAYS**

Store in sealed, airtight container

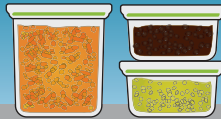
### Cooked or Canned Pulses (Opened)



**STORE TIME: UP TO 5 DAYS**

Sealed in airtight container in cooking liquid or covered with water

### Soups, Chili and Curries

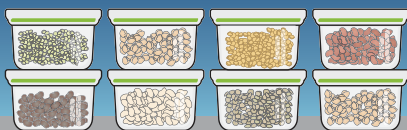


**STORE TIME: UP TO 5 DAYS**

Store in sealed, airtight container

## FREEZER

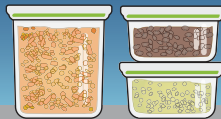
### Cooked Pulses



**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

### Soups, Chili and Curries



**STORE TIME: 3-6 MONTHS**

Store in sealed, airtight container

## 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

### PULSES



Learn more at:

[www.pulsepledge.com](http://www.pulsepledge.com)





# 10 Tips for Putting More Pulses in Your Diet

Pulses are nature's treasure. If you're trying to eat foods that are sustainable, affordable and nutritious, pulses are a smart choice for any meal or snack.

Pulse is a term for the edible seeds of legume crops. Pulses include beans, dry peas, chickpeas and lentils. They are a heart-healthy, versatile superfood, rich in protein, fiber and other key nutrients.

Want to put more pulses in your diet? Here are 10 simple steps to get you started.



## 1 Eat Plant-Forward

Plant-forward eating means making plant-based foods the star of your meal. Creating meals with a variety of plant-based foods from different food groups (think fruits, vegetables, pulses, grains, nuts and seeds)—with a moderate amount of meat, seafood, or dairy, if you choose—results in nutrient-rich, flavorful meals.

## 2 Build Balanced Meals with Pulses + Grains

Pulses and whole grains are both plant-based sources of protein and key components of a healthy diet. Proteins are created from twenty different amino acid building blocks, nine of which cannot be produced by the body and are called "essential." Most plant-based proteins lack one or more of the essential amino acids, but when two or more plant-based proteins are combined, each food can provide the essential amino acid(s) that the complementary food is missing. Grains and pulses are complementary proteins. Therefore when you eat the two together, you get a complete protein or all nine essential amino acids. Beans and rice, anyone?

## 3 Look for "Pulse-Powered" Products!

New food products featuring pulses are popping up on store shelves every day. Why? Pulses have a great nutrition profile, are naturally gluten-free, and they have exceptional qualities for delicious, craveable baked goods. Look for new breads, cereals, snacks, and meat and dairy alternatives. These foods are often higher in protein and fiber than their traditional counterparts, plus they may be useful options for creating delicious gluten-free meals and snacks.

## 4 Make Hummus Your Hero!

Hummus is a hot food choice right now, to say the least! This protein-rich Middle Eastern dip is finding its place on restaurant menus, as well as in home kitchens across the country. Hummus is traditionally made from chickpeas, but there are many variations of hummus made from other pulses like lentils and beans. Look through the hummus section of your grocery store to see what options are available, or get creative at home with your favorite pulse and spice combinations.





## 5 Put Pulses in Salads

Pulses are awesome in salads, whether served as the featured ingredient, a complementary protein-packed ingredient, or roasted to add crunch and replace croutons. No matter what type of salad you're making, there's a pulse that will make it better!

## 6 Showcase Pulses in Soups & Stews

Pulses make a perfect addition to many soups and stews, and they can also do double duty. Use beans, chickpeas, lentils or split peas as a whole ingredient and puree some to thicken and add creamy richness.



## 7 Add Pulse Protein Power to Breakfast

Looking for ways to make your breakfast healthier and more satisfying? Power it up by adding protein- and fiber-rich pulses. If you love eggs, consider adding beans to your next omelet or scramble. Pulses can also add protein to breakfast smoothies. If you're a traditional cereal, milk and toast breakfast eater, there are even breakfast cereals that now include pulses. Look through your supermarket to find the latest pulse-powered products.

## 8 Build a Powerful Pulse Pantry

Satisfy your appetite for delicious and nutritious baked goods by baking with pulses. Pulse flours are being used to create healthier products, richer in protein and fiber. Pulse flours are also non-allergenic and gluten-free, making them ideal for those following a special diet. Bob's Red Mill has a variety of excellent pulse flours that can be used to make breads, pizzas, cakes and cookies.



## 9 Try Pea Protein Powder

If you use a protein supplement, consider giving pea protein powder a try. It's an easy swap for whey protein and a great way to add protein and fiber to smoothies. Plus, if you're looking for a vegan protein powder option, it's an ideal choice.



## 10 Snack on Pulses

Sweet or savory, crunchy or smooth, there are endless possibilities for snacking on pulses, like Black Bean Walnut Dip with Whole Grain Tortilla Chips; a Snickerdoodle Chickpea Smoothie, Peanut Butter + Coconut Pea Protein Bites or Lentil Chocolate Chip Banana Bread. Whatever your snack craving, there's a pulse for that!



To find more pulse inspiration + recipes, visit [www.pulses.org/NAP](http://www.pulses.org/NAP)





# 10 Tips for Eating a Plant-Forward Diet

*“Eat food, not too much, mostly plants.”*

This simple phrase from author Michael Pollan encompasses much of what we know about dietary patterns that are good for our health and the health of the planet. Plant foods include fruits, vegetables, whole grains, pulses, nuts and seeds. We’re all told to eat more plants, but how can we do this in a simple way on a daily basis? Read on for simple tips.

## 1 Make Half Your Plate Fruits & Vegetables

This simple message is an easy way to increase healthful, plant foods in your diet. There are hundreds of different varieties of pulses grown all over the world, and their subtle flavors make them the perfect canvas for a variety of delicious herb and spice combinations. Also, pulses’ unique combination of nutrients allows them to count as either a vegetable or protein food.

## 2 Build Healthful Meals With Pulses + Grains

Pulses and whole grains are both plant-based sources of protein and key components of a healthy diet. Proteins are created from twenty different amino acid building blocks; nine of which cannot be produced by the body and are called “essential.” Most plant-based proteins lack one or more of the essential amino acids, but when two or more plant-based sources of protein are combined, each food can provide the essential amino acid(s) that the complementary food(s) is missing. Grains and pulses are complementary proteins. Therefore when you eat the two together, you get a complete protein or all nine essential amino acids. Beans and rice, anyone?



## 3 Make Eating Vegetables Easy

Preparing produce (washing, peeling, chopping, grating, etc.) ahead of time makes mealtime prep quick and easy. Also, having snack-ready vegetables on hand makes plant foods the easy choice. Have pre-cut broccoli, cauliflower, cucumbers, sliced peppers and carrots in the fridge and pair them with a pulse-based spread like hummus or bean dip. Also, keep canned or frozen vegetables on hand, like canned beans, peas, chickpeas and lentils, for fast, easy meal preparation.

## 4 Look for Plant-Forward Snacks

There are countless snack options available to enjoy delicious plant-based foods. Check your grocery store snack aisle for all the latest snack options that incorporate pulses. You can also find pulses in chips, crackers, cereals and dairy alternatives, to name a few!



## 5 Up Your Plant-Based Proteins

Plant-based proteins are important foods. They include foods like beans, peas, chickpeas, lentils, nuts and seeds. Plant-based proteins provide a unique combination of nutrients including filling protein and fiber, plus other important nutrients for a healthy body. If you're making hamburgers, try replacing half the ground beef with mashed pinto beans. Cooking up homemade mac n' cheese for dinner? Try replacing up to half the cheese sauce with yellow split pea puree. Get creative with healthy cooking and baking swaps with pulses.

## 6 Eat a Mediterranean-Style Diet

The Mediterranean diet is the traditional eating pattern of countries along the Mediterranean Sea. Rich in fruits, vegetables, whole grains, pulses, nuts, seeds and olive oil, the Mediterranean diet is considered one of the world's healthiest dietary patterns. Numerous studies have shown that the Mediterranean diet promotes health and longevity and may prevent chronic diseases like heart disease. If you're trying to follow a Mediterranean diet, remember that consuming pulses is a key part of this dietary pattern.

## 7 Feature Fruit in Meals and Snacks

Fruit is a great choice for a healthy, convenient snack or dessert. Make fruit the easy and appealing choice by displaying fresh fruit in a beautiful wooden bowl on your kitchen counter. Keep sliced fruit on hand in the refrigerator for easy, frequent consumption. Add frozen fruit to smoothies. And keep snack mixes made with dried fruit and nuts in your car, purse, or office desk drawer for a quick, convenient and healthful snack option when hunger strikes.

## 8 Start Your Day With A Plant-Forward Smoothie

Smoothies are a great way to pack in lots of plants. But don't limit yourself; your plant options go way beyond fruit! Adding vegetables and pulses to smoothies is a great way to get a variety of plant-foods and all the healthful nutrients that go along with each plant. Adding pea protein powder is an easy way to up the protein and fiber in any smoothie.



## 9 Eat Seasonally

A juicy peach. Sweet, tender corn on the cob. The flavors of seasonal fruits and vegetables are a joy to savor. Eating foods in the season that they are harvested not only provides exceptional flavor, it also makes incredible flavors more affordable. Pulses are always affordable and always in season. Why? Because they are allowed to dry in the pod before being harvested, they can be stored safely for years. Pulses can enhance the flavor and nutrition of your favorite seasonal foods all year long!

## 10 Savor Plant-Based Spreads

Whether hummus is your jam or you prefer a roasted eggplant dip, plant-based spreads are so delicious. Use them as a dip for whole grain crackers or vegetable crudité, the base of a vegetable flatbread, or a meat alternative for a sandwich or wrap.



To find more pulse inspiration + recipes, visit [www.pulses.org/NAP](http://www.pulses.org/NAP)





## 7 Ways Pulses Promote Heart Health

Do you love your heart? Eating more pulses is a great way to show the love because pulses (think beans, peas, chickpeas and lentils) are heart healthy foods. Pulse are packed with key nutrients plus filling fiber that can help keep your body—and heart—healthy and strong.

Research has shown that regularly eating pulses may reduce your risk of heart disease. Wonder why? Read on to discover seven ways pulses promote heart health.

### 1 Pulses Are Packed with Key Nutrients

Pulses may be small, but they are packed with important nutrients that promote heart health. Studies show that people who eat at least a half cup of pulses each day have higher intakes of fiber and potassium, as well as protein, calcium, zinc, iron and magnesium.

### 2 Pulses Are Low In Fat and Sodium

All pulses are low in fat, and in their dry form very low in sodium. Eating excess fat, specifically trans fat, and salt (i.e., sodium chloride) has been linked with an increased risk of high blood pressure, a risk factor for having a heart attack or stroke. You can buy pulses in their dry or canned form. Draining and rinsing canned pulses like beans and chickpeas can remove up to 40% of the added sodium.

### 3 Pulses Are Full of Folate

Folate is a B-vitamin that promotes heart health by helping keep our arteries soft and elastic, which helps maintain healthy blood pressure levels. Pulses are an excellent source of folate.

A 1-cup portion of pulses can provide more than 50 percent of your daily folate requirement.

### 4 Eating Pulses Helps to Maintain a Healthy Weight

Pulses are relatively low in calories but high in complex carbohydrates and fiber. That means they are digested slowly and provide a steady, slow-burning source of energy. Eating pulses provides a feeling of satiety and fullness and may help you eat less.

### 5 Pulses Can Lower Blood Cholesterol

Pulses are an excellent source of fiber, but what's especially great about pulses is that they contain both soluble and insoluble fiber. Soluble fiber helps remove dietary cholesterol from your body, helping to lower blood cholesterol levels and reduce your risk for heart disease. Plus, pulses—like all plant foods—are naturally cholesterol-free.



## 6 Pulses Star in the Mediterranean Diet

The Mediterranean diet is the traditional eating pattern of countries along the Mediterranean Sea. Rich in fruits, vegetables, whole grains, pulses, nuts, seeds and olive oil, the Mediterranean diet is considered one of the world's healthiest dietary patterns. Numerous studies have shown that the Mediterranean diet promotes health and longevity and may prevent chronic diseases like heart disease. If you're trying to follow a Mediterranean diet, remember that consuming pulses is a key part of this dietary pattern.

## 7 Pulses Help Manage Blood Sugars

Pulses are rich in complex, high-quality carbohydrates. Pulses have been found to have a low glycemic index (GI) and glycemic load (GL). Having a low GI and GL means that the carbohydrates in pulses are slowly digested and therefore have lesser effects on blood sugar and insulin levels. Elevated blood sugars can cause damage to the body's arteries and increases a person's risk for a heart attack or stroke. Eating a variety of foods that are low GI/GL, including pulses, is a smart way to manage blood sugars and maintain a healthy heart.



To find more pulse inspiration + recipes,  
visit [www.pulses.org/NAP](http://www.pulses.org/NAP)



# Pulse-Powered Menus for Plant-Loving People

Frequently consuming pulses is associated with many nutrition and health benefits. They are an incredibly versatile ingredient, and with so many pulses to choose from, adding pulses like beans, chickpeas, lentils and split peas to any meal is quite easy.

The 2015-2020 Dietary Guidelines for Americans include pulses in two food groups: the vegetable group as well as the protein group because pulses are good sources of protein. The Guidelines recommend consuming 1-3 cups of pulses per week depending on your daily calorie needs. If you're eating a vegetarian or vegan-style diet, your recommended weekly intake of pulses is a bit higher since pulses can play an important role in helping you get adequate protein.

The following menus show how pulses fit into Mediterranean and vegetarian eating patterns that include approximately 2,000 calories per day. You may require fewer or more calories depending on your age, gender, weight and activity level. Both eating patterns, rich in plant-based foods, promote heart health.







## 2,000 Calorie Pulse-Powered Menu for a Mediterranean-Style Eating Pattern

BREAKFAST	CALORIES	PULSE INGREDIENT
Protein Power Egg Bake	170	Black beans
8 ounces Orange Juice	120	
12-ounce Latte made with 1% milk	110	
<b>Breakfast Total</b>	<b>400</b>	
LUNCH	CALORIES	PULSE INGREDIENT
Great Northern Bean & Barley Salad	375	Great Northern beans
8 ounces 1% Milk	110	
<b>Lunch Total</b>	<b>485</b>	
SNACK	CALORIES	PULSE INGREDIENT
½ ounce Roasted Almonds	80	
Piece of Fresh Fruit	80	
<b>Snack Total</b>	<b>160</b>	
DINNER	CALORIES	PULSE INGREDIENT
Pasta with Chickpeas and Shrimp	635	Chickpeas
Simple Green Salad with 1 tablespoon Vinaigrette	100	
Glass of White Wine	100	
Lemony Chickpea Cake	135	
<b>Dinner Total</b>	<b>970</b>	
<b>DAILY TOTAL</b>	<b>2015</b>	

## 2,000 Calorie Pulse-Powered Menu for Healthy Vegetarian Eating Pattern

BREAKFAST	CALORIES	PULSE INGREDIENT
Protein Power Egg Bake	170	Black beans
8 ounces Orange Juice	120	
12-ounce Latte made with 1% milk	110	
<b>Breakfast Total</b>	<b>400</b>	
LUNCH	CALORIES	PULSE INGREDIENT
Great Northern Bean & Barley Salad	375	Great Northern beans
8 ounces 1% Milk	100	
<b>Lunch Total</b>	<b>475</b>	
SNACK	CALORIES	PULSE INGREDIENT
1 ounce of Roasted Almonds	160	
Piece of Fresh Fruit	80	
<b>Snack Total</b>	<b>240</b>	
DINNER	CALORIES	PULSE INGREDIENT
Chickpeas Cacio e Pepe	725	Chickpeas
Simple Green Salad with 1 tablespoon Vinaigrette	100	
Glass of White Wine	100	
<b>Dinner Total</b>	<b>970</b>	
<b>DAILY TOTAL</b>	<b>2040</b>	



To find more pulse inspiration + recipes, visit [www.pulses.org/NAP](http://www.pulses.org/NAP)





## 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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## Eating Well, Saving More

We all want to eat well, but healthy eating on a budget can be challenging. A healthful diet includes a wide variety of foods including fruits, vegetables, whole grains, dairy, meat and seafood, pulses, nuts, seeds and plant-based oils. Here are seven simple tips for enjoying a wide variety of delicious, healthful foods while saving money.

## Go Plant-Forward With Your Protein

Eating pulses is not only good for your health, it's good for your wealth. A half-cup serving of pinto bean or lentils costs fifteen times less than a 3-ounce serving of ground beef. When you're at the grocery store, stock up on pulses in both dry and canned form. Both forms are shelf-stable ingredients that can last for months if stored in your pantry or kitchen cabinet.

### Comparing the Cost of Proteins

FOOD	SERVING SIZE	COST PER SERVING
Pinto Beans (cooked from dry form)	½ cup	\$0.07
Lentils (cooked from dry form)	½ cup	\$0.08
Red Kidney Beans (cooked from dry form)	½ cup	\$0.10
Eggs, grade A, large	1 large	\$0.18
Pinto Beans (canned, drained)	½ cup	\$0.19
Red Kidney Beans (canned, drained)	½ cup	\$0.19
Chicken breast, boneless, skinless	3 ounces	\$0.65
Pork chop (boneless)	3 ounces	\$0.85
Beef (round roast, USDA choice, boneless)	3 ounces	\$1.06
Ground beef, 90% lean	3 ounces	\$1.14

## Build Healthful Meals With Pulses + Grains

Pulses and whole grains are both plant-based sources of protein and key components of a healthy diet. Proteins are created from twenty different amino acid building blocks; nine of which cannot be produced by the body and are called "essential." Most plant-based proteins lack one or more of the essential amino acids, but when two or more plant-based sources of protein are combined, each food can provide the essential amino acid(s) that the complementary food(s) is missing. Grains and pulses are complementary proteins. Therefore when you eat the two together, you get a complete protein or all nine essential amino acids. Beans and rice, anyone?





## Build Your Pantry

While some staple pantry items like olive oil, vinegars and spices may be expensive, they last a long time and using just a little bit makes a recipe go a long way! Also having a full stock of cooking and baking essentials, as well as dried pastas, grains and pulses, provides countless opportunities to make homemade, healthful, cost-saving meals every day of the week.

## Buy in Bulk, When You Can

Buying ingredients in large quantities usually brings the cost per serving down. Buying healthful, shelf-stable ingredients in bulk is a great way to save money, but make sure you're choosing ingredients that are versatile. Pulses are an incredibly versatile superfood, plus they're awesomely affordable. You can boost nutrition and cut cost by replacing half your meat in tacos, casseroles, meatloaf or meatballs with pulses. Add pulses to dips or smoothies, or bake brownies or breads with pulse flours. The "*pulsabilities*" are endless.

## Shop Seasonally

An aromatic, juicy peach. Sweet, tender corn on the cob. The flavors of seasonal fruits and vegetables are a joy to savor. Eating foods in the season that they are harvested not only provides exceptional flavor, it also makes incredible flavors more affordable. Pulses are always affordable and always in season. Why? Because they are allowed to dry in the pod before being harvested, they can be stored safely for years. Pulses can enhance the flavor and nutrition of your favorite seasonal foods all year long!



## Savor the Flavor and Savings of Frozen and Canned

We often hear that fresh is best, but that simply isn't true. There are many fruits and vegetables that can be just as healthy and often more flavorful in their frozen or canned form. Frozen and canned foods last a lot longer than fresh and are less likely to spoil.

Also, saving time can sometimes be just as valuable as saving money. A chicken breast takes 15 minutes to cook. How long does it take to open a can of chickpeas? Less than 15 seconds!

## Honor the Harvest

Throwing away food is just like throwing away money. Before you grocery shop, make sure you have a plan. Inventory what you already have (especially in the refrigerator), plan your meals for the week, and make a list of what you need to buy. Remember, farmers work hard to grow food for us. Honor the harvest by working to reduce food waste.



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## ITALIAN WHITE BEAN DIP

### INGREDIENTS

- 1 (15-ounce) can cannellini beans, drained and rinsed
- 2 tablespoons fresh, fruity extra virgin olive oil
- 1 teaspoon garlic, minced
- 2 teaspoons Italian seasoning
- 1 teaspoon lemon juice, freshly squeezed or white vinegar
- ½ teaspoon salt
- Tap water, as needed

### DIRECTIONS

Blend all ingredients in a food processor until smooth. Add tap water, if needed, to create desired consistency. Serve with your favorite pita chips or raw vegetables. This dip looks great garnished with fresh herbs, like basil or rosemary, and drizzled with a little bit of olive oil.

### NUTRIENTS PER SERVING — SIZE: 60g

Calories **70** | Total Fat **4g** | Saturated Fat **0g** | Trans Fat **0g** |  
Cholesterol **0mg** | Sodium **160mg** | Total Carbohydrates **7g** |  
Dietary Fiber **2g** | Sugars **0g** | Protein **3g** | Vitamin D **0mcg** |  
Calcium **18mg** | Iron **1mg** | Potassium **117mg**

## Recipes

### INCREDIBLE, VERSATILE PULSES

One of the glorious benefits of cooking with pulses is their incredible versatility. They can be the featured stars of a dish, or they can play supporting roles.

Pulses are used in cuisines all over the world, and they pair well with so many flavor profiles. Many people think of using pulses to make soups and dips, but they can also be an important addition to salads, entrees and even desserts.



## MEXICAN BLACK BEAN DIP

### INGREDIENTS

1 (15-ounce) can black beans, drained and rinses  
 ½ cup *pico de gallo* or fresh tomato-based salsa  
 ½ teaspoon ground cumin  
 ⅛ teaspoon salt  
 Tap water, as needed

### DIRECTIONS

Blend all ingredients in a food processor until smooth. Add tap water, if needed, to create desired consistency. Serve with your favorite tortilla chips or raw vegetables. Peeled, sliced jicama pairs well with this dip. Garnish with fresh, diced red tomatoes and minced cilantro.

#### NUTRIENTS PER SERVING — SIZE: 92g

Calories **70** | Total Fat **0g** | Saturated Fat **0g** |  
 Trans Fat **0g** | Cholesterol **0mg** | Sodium **250mg** |  
 Total Carbohydrates **14g** | Dietary Fiber **5g** | Sugars **1g** |  
 Protein **4g** | Vitamin D **0mcg** | Calcium **26mg** |  
 Iron **1mg** | Potassium **216mg**



## MOROCCAN-SPICED SPLIT PEA SPREAD

### INGREDIENTS

1 ½ cups cooked split yellow peas  
 ½ cup carrots, cooked  
 1 tablespoon ginger root, fresh, peeled, finely grated  
 2 tablespoons peanut oil  
 2 tablespoons tomato paste  
 1 tablespoon lemon juice, freshly squeezed  
 1 ½ teaspoons curry powder  
 ½ teaspoon cinnamon  
 ½ teaspoon salt  
 Tap water, as needed

### DIRECTIONS

Blend all ingredients in a food processor until smooth. Add tap water, if needed, to create desired consistency. Serve with warm pita bread.

#### NUTRIENTS PER SERVING — SIZE: 60g

Calories **90** | Total Fat **4g** | Saturated Fat **1g** |  
 Trans Fat **0g** | Cholesterol **0mg** | Sodium **170mg** |  
 Total Carbohydrates **10g** | Dietary Fiber **2g** | Sugars **2g** |  
 Protein **3g** | Vitamin D **0mcg** | Calcium **13mg** |  
 Iron **1mg** | Potassium **214mg**

## INDIAN CURRIED LENTIL DIP

### INGREDIENTS

2 cups cooked lentils  
 2 tablespoons peanut oil  
 2 tablespoons tomato paste  
 1 teaspoon curry powder  
 1 teaspoon salt  
 Tap water, as needed

### DIRECTIONS

Blend all ingredients in a food processor until smooth. Add tap water, if needed, to create desired consistency. Serve with your favorite pita chips or raw vegetables. Celery pairs well with the flavors of this dip.

#### NUTRIENTS PER SERVING — SIZE: 58g

Calories **90** | Total Fat **3.5g** | Saturated Fat **1g** |  
 Trans Fat **0g** | Cholesterol **0mg** | Sodium **300mg** |  
 Total Carbohydrates **11g** | Dietary Fiber **4g** | Sugars **1g** |  
 Protein **5g** | Vitamin D **0mcg** | Calcium **11mg** |  
 Iron **2mg** | Potassium **226mg**







## LAVENDER LENTILS

Recipe developed by Ellen Kanner,  
www.soulfulvegan.com

**COOK TIME:**  
**MAKES:** Serves 6

### INGREDIENTS

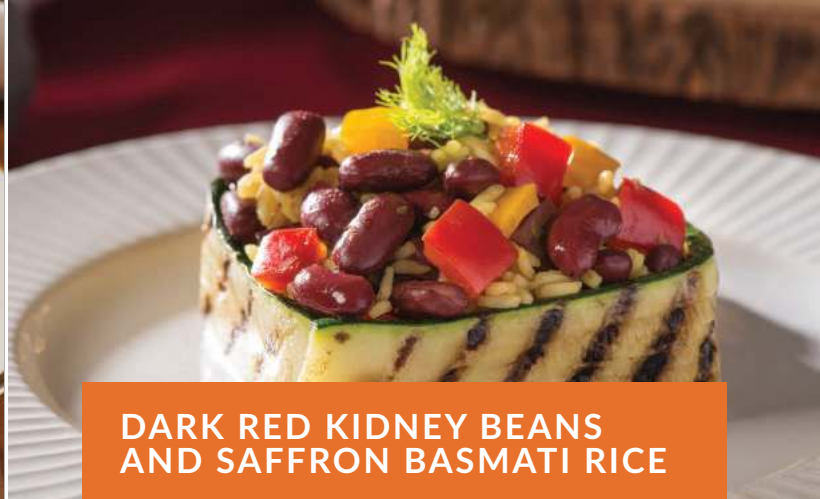
- 2 tablespoons olive oil
- 3 cloves garlic, chopped
- 1 pinch red pepper flakes
- 2 cups beluga lentils (small black lentils)
- 4 cups vegetable broth
- 1 bay leaf
- 1 teaspoon herbs de Provence
- 1 teaspoon crushed culinary lavender
- 1 spring fresh thyme leaves
- sea salt and fresh ground pepper to taste
- 1 bunch spinach or arugula, chopped into bite-sized pieces

### DIRECTIONS

1. Heat olive oil over medium-high heat in a generous sauté pan. Add the chopped garlic and red pepper flakes. Stir and cook for about 3 minutes, until the garlic and peppers sizzle start to sizzle. Add the lentils. Stir them in to coat with oil.
2. Add herbs de Provence, lavender and thyme and stir. Pour in the vegetable broth and toss in the bay leaf.
3. Bring lentils to a full boil, then reduce heat to low and cover. Let lentils simmer for 30 minutes or until al dente with most of the liquid absorbed. Remove bay leaf.
4. Add the chopped greens by the handful and mix in gently until they start to wilt from the heat of the lentils.
5. Season generously with sea salt and pepper.

#### NUTRIENTS PER SERVING — SIZE: 252g

Calories **290** | Total Fat **5g** | Saturated Fat **0.5g** |  
Trans Fat **0g** | Cholesterol **0mg** | Sodium **115mg** |  
Total Carbohydrates **44g** | Dietary Fiber **13g** | Sugars **1g** |  
Protein **18g** | Vitamin D **0mcg** | Calcium **77mg** |  
Iron **6mg** | Potassium **151mg**



## DARK RED KIDNEY BEANS AND SAFFRON BASMATI RICE

Eric Marbut Michael, Coroni Pulses Culinary Competition Winners

**COOK TIME:**  
**MAKES:**

### SAFFRON RICE

#### INGREDIENTS

- 1 cup basmati rice
- 3 ½ cups unsalted vegetable stock
- 2 ounces fresh fennel bulb (sliced)
- 1 teaspoon saffron (optional)
- 1 garlic clove smashed

#### DIRECTIONS

In the stock add fresh fennel bulb, saffron, and garlic, bring to boil, reduce heat, cover and simmer 20 minutes. Strain stock and return to stove bring back to boil, add rice simmer 20 minutes or until liquid is absorbed.

### SWEET AND SPICY MARINATED RED BEANS

#### INGREDIENTS

- 1 (16-ounce) can Red Kidney Beans
- ½ cup medium diced red and yellow bell pepper
- ½ cup medium diced red onion
- ½ cup balsamic vinaigrette
- 3 tablespoon brown sugar
- 1 tablespoon cumin
- 1 teaspoon ground ginger
- 1 tablespoon red pepper sauce (hot sauce)
- 1 tablespoon dried parsley
- 1 tablespoon truffle oil (optional)

#### DIRECTIONS

In a bowl combine above ingredients mix gently, cover and refrigerate for 1 hour.

### CHEFS PREPARATION

- 1 zucchini thinly sliced lengthwise by a mandolin ⅛ in.
- Fennel Spring
- Lime Wedge
- FOR ONE SERVING**
  - Grill 4 strips of zucchini, allow to cool slightly
  - With a 3x2 in. ring mold, line the interior of the mold with the grilled zucchini.
  - Then fill with saffron rice almost to the top.
  - Line the top of the rice with zucchini more to enclose the rice.
  - Place approximately ¼ cup of the marinated beans on top, gently remove the ring mold.
  - Garnish with Fennel Spring and a small wedge of lime.

#### NUTRIENTS PER SERVING — SIZE: 170g

Calories **130** | Total Fat **2g** | Saturated Fat **0g** |  
Trans Fat **0g** | Cholesterol **0mg** | Sodium **290mg** |  
Total Carbohydrates **26g** | Dietary Fiber **3g** | Sugars **6g** |  
Protein **5g** | Vitamin D **0mcg** | Calcium **30mg** |  
Iron **1mg** | Potassium **202mg**



## CHICKEN-LESS NUGGETS

Recipe developed by Carolina Molea

### COOK TIME:

**MAKES:** Makes 24 nuggets, serving 6.

### INGREDIENTS

- 1 (15-ounce) can chickpeas, drained (keep the liquid)
- ½ cup oats
- 1 tablespoon Dijon mustard
- 1 tablespoon vegan mayonnaise
- 1 tablespoon cornstarch
- ⅛ teaspoon garlic powder
- ⅛ teaspoon onion powder
- 1 teaspoon poultry seasoning
- 1 cup seasoned panko breadcrumbs
- salt and white pepper to taste

### DIRECTIONS

1. Preheat oven to 350 °F. Lightly grease or line a cookie sheet with parchment paper and set aside. Alternatively, you can use an Air Fryer, set at 200 degrees for 12 minutes.
2. In a medium bowl, mash chickpeas with a fork or potato masher until coarse. You don't want any whole beans left, but don't overly mash them so that they are pureed and resembling refried beans. Add in oats, mayonnaise, mustard, spices and cornstarch. Mix well. If the mixture is too wet, add some of the breadcrumbs. Correct seasoning if needed.
3. Pour breadcrumbs into a shallow plate.
4. Pour the chickpeas liquid into another shallow plate.
5. Using a spoon, portion your nuggets and flatten in the palm of your hand to it resembles a nugget shape.
6. Dip into the chickpea liquid mixture so that it's coated on both side then press into breadcrumbs on each side, making sure it's completely coated. Place nugget on a cookie sheet and repeat with all nuggets. Bake nuggets for 10 minutes, flip and bake another 10-15 minutes, until nuggets are firm, golden and crispy.

### NUTRIENTS PER SERVING — SIZE: 97g

Calories **150** | Total Fat **2.5g** | Saturated Fat **0g** |  
Trans Fat **0g** | Cholesterol **0mg** | Sodium **380mg** |  
Total Carbohydrates **25g** | Dietary Fiber **4g** | Sugars **1g** |  
Protein **6g** | Vitamin D **0mcg** | Calcium **25mg** |  
Iron **1mg** | Potassium **103mg**



## CUBAN BLACK BEANS

Recipe developed by Carolina Molea

### COOK TIME:

**MAKES:** Serves 6

### INGREDIENTS

- 1 green bell pepper, diced
- 4 garlic cloves, peeled
- 8 ounces dried black beans, rinsed and soaked overnight
- 2 slices of cooked bacon, diced (use smoked tempeh bacon for vegetarian option)
- 1 bay leaf
- Salt to taste
- 2 tablespoons olive oil
- ½ Spanish onion, diced
- ½ teaspoon dried oregano
- ¼ teaspoon ground cumin
- ½ teaspoon freshly ground black pepper
- 2 tablespoons apple cider vinegar
- 1 tablespoon turbinado or other brown sugar

### DIRECTIONS

1. Fill 1 large pot with 1 quart of water. Add half the diced green pepper and 2 cloves of the garlic, smashed, the beans and bay leaf. Bring to a boil. Cover the pot and simmer until the beans are tender, an hour or more.
2. Meanwhile, make the sofrito. Heat the olive oil in a skillet over medium-high heat. Add the tempeh bacon and cook, stirring occasionally, until it starts to brown, about 2 minutes. Add the remaining green pepper and onion and cook, stirring, until slightly softened, about 3 minutes.
3. Chop the garlic, and add to the sofrito, along with the oregano, cumin and black pepper. Stir for another minute. Pour in the vinegar and scrape any browned bits from bottom of pan with a wooden spoon.
4. When the beans are cooked, discard the bay leaf. Transfer 1 cup of beans to a blender, and blend them into a paste. Return to the pot. Add the sofrito, then the sugar.
5. Stir the beans well and bring to a boil over medium heat. Lower to a simmer and cook, uncovered, for 20 minutes or so, skimming any foam from the top. Taste for salt.

Serve with white rice and fried sweet plantains.

### NUTRIENTS PER SERVING — SIZE: 151g

Calories **200** | Total Fat **5g** | Saturated Fat **1g** |  
Trans Fat **0g** | Cholesterol **0mg** | Sodium **55mg** |  
Total Carbohydrates **29g** | Dietary Fiber **9g** | Sugars **4g** |  
Protein **9g** | Vitamin D **0mcg** | Calcium **51mg** |  
Iron **3mg** | Potassium **420mg**





## CHICKEN SALSA

Modified from a recipe developed by  
Katlyn Hutchings, MS, RD

**COOK TIME:**

**MAKES:** Serves 6

### INGREDIENTS

- 2-4 boneless chicken breasts
- 2 (14.5-ounce) cans of diced tomatoes  
(Consider using avoired and low-sodium varieties)
- 1 (15-ounce) can of black beans, drained and rinsed
- 1 (15-ounce) can of small red beans, drained and rinsed
- 2-3 tablespoons chili powder, according to  
personal preference

### DIRECTIONS

Combine all ingredients in a crock pot. Cook on low for 6-8 hours. Once cooked the chicken is easily shredded with a fork.

### NOTES

- A great protein and fiber source, serve with a side salad or other cooked veggies.
- Excellent over a bed of romaine as a variation on a taco salad.
- Serve over cooked spaghetti squash, quinoa or brown rice.
- Top with avocado slices and ripe olives.
- Yields four or more servings. May store left overs in refrigerator 2-3 days.

#### NUTRIENTS PER SERVING — SIZE: 383G

Calories **240** | Total Fat **2g** | Saturated Fat **0g** |  
Trans Fat **0g** | Cholesterol **30mg** | Sodium **720mg** |  
Total Carbohydrates **36g** | Dietary Fiber **13g** | Sugars **7g** |  
Protein **20g** | Vitamin D **0mcg** | Calcium **97mg** |  
Iron **5mg** | Potassium **457mg**



## PASTA WITH CHICKPEAS AND SHRIMP

This recipe takes cues from traditional Mediterranean cuisine. Seafood, pasta, pulses in all their glorious forms, extra virgin olive oil, and wine are common ingredients in many Mediterranean kitchens, but this recipe is very Italian. Pair with a simple green salad and a glass of dry white wine for a complete meal.

**COOK TIME:** 20 min. **STAND TIME:** 3 min.

**MAKES:** 7 cups (4 entrée servings)

### INGREDIENTS

- 1 (14.5-ounce) can vegetable or chicken broth (1 ¾ cups)
- 2 cups water (or 1 ½ cups water plus ½ cup white wine)
- 8 ounces rotini or penne pasta (uncooked)
- 12 ounces, fresh or frozen shrimp, 21-30 count size,  
peeled and deveined
- 1 (15-ounce) can chickpeas (garbanzo beans),  
drained and rinsed
- 1 7-ounce container refrigerated prepared pesto
- ¼ cup grated Parmesan cheese, optional
- 1 lemon, zested and juiced
- Freshly cracked black pepper
- Fresh flat leaf parsley, chopped, for garnish

### DIRECTIONS

1. Bring broth and water to a boil in a 4-5 quart-size saucepan. Stir in pasta. Bring to a boil, then reduce heat to a medium-low simmer. Cover with lid slightly ajar and cook 1 minute less than recommended pasta cook time.
2. Meanwhile, if shrimp is frozen, place in a bowl of lukewarm water to thaw, about 5 minutes. Drain. Remove tails.
3. Stir shrimp into pasta and cook 1 minute.
4. Add beans, pesto, Parmesan cheese, lemon zest and half the lemon juice. Stir to combine. Let stand covered for sauce to thicken. Taste and add remaining lemon juice if desired. Serve with freshly cracked black pepper and additional Parmesan if desired. Garnish with freshly minced parsley.

#### NUTRIENTS PER SERVING (4) — SIZE: 1 ¾ CUPS

Calories **635** | Total Fat **28g** | Saturated Fat **7g** |  
Trans Fat **0g** | Cholesterol **135mg** | Sodium **960mg** |  
Total Carbohydrates **59g** | Dietary Fiber **7g** | Sugars **8g** |  
Protein **36g** | Vitamin D **0.16mcg** | Calcium **370mg** |  
Iron **4.4mg** | Potassium **475mg**



## GREAT NORTHERN BEAN & BARLEY SALAD

This is an incredibly easy recipe. You can make this salad one day and enjoy it for many days to come. Pair the salad with whole grain bread for a satisfying plant-forward meal.

**COOK TIME:** 25 min. **STAND TIME:** 3 min.  
**MAKES:** 6 cups (6 entrée servings or 12 ½-cup side salad servings)

### INGREDIENTS

- 1 cup pearl barley (uncooked)
- 4 cups water
- ¼ teaspoon salt (optional)
- 1 (15-ounce) can Great Northern beans, drained and rinsed
- 2 cups (1 pint) cherry tomatoes, halved
- ½ cup chopped walnuts, toasted
- ½ cup lightly packed parsley leaves
- ¼ cup lightly packed mint leaves
- ¼ cup lightly packed cilantro
- ½ cup bottled Champagne vinaigrette dressing
- ¼ teaspoon freshly cracked pepper

### DIRECTIONS

1. Combine barley, water and salt in a 4-5 quart-size saucepan. Bring to a boil. Reduce heat to medium-low and simmer 18-20 minutes until tender. Drain and lightly rinse.
2. Place beans, barley, tomatoes, walnuts, herbs and black pepper in a large bowl. Stir in vinaigrette. Serve immediately or chill before serving.

#### NUTRIENTS PER SERVING (6) — SIZE: 1 CUP

Calories **375** | Total Fat **16g** | Saturated Fat **1g** |  
 Trans Fat **0g** | Cholesterol **0mg** | Sodium **350mg** |  
 Total Carbohydrates **49g** | Dietary Fiber **10g** | Sugars **5g** |  
 Protein **11g** | Vitamin D **0mcg** | Calcium **70mg** |  
 Iron **2.6mg** | Potassium **530mg**



## PROTEIN POWER EGG & BEAN BAKE

Eggs are well known for their protein, but when you combine them with fiber-rich black beans and quinoa, the overall nutrient content of this dish is impressive. This is an easy dish to make, and it reheats well. You can serve it for breakfast, lunch or dinner. Pair it with fruit for a complete meal any time of day.

**PREP TIME:** 15 min.  
**BAKE TIME:** 35 min.  
**MAKES:** 12 (3x3.25-inch) servings

### INGREDIENTS

- ½ cup quinoa (uncooked)
- 1 cup water
- 1 (15-ounce) can black beans, drained and rinsed
- 1 large red bell pepper, diced
- ¼ cup thinly sliced green onion (~ 2 green onions)
- 1 ½ cups (6 ounce) shredded cheddar cheese
- ⅓ cup all-purpose flour
- 1 cup 2% milk
- 4 eggs
- 1 (4-ounce) can fire-roasted diced green chiles
- 1 teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- ¼ teaspoon salt

### DIRECTIONS

1. Combine quinoa and water in a 2-3 quart-size saucepan. Bring to a boil. Reduce heat to low; cover and simmer 15 minutes or until water is absorbed. Remove from heat.
2. Preheat oven to 350°F. Coat a 9x13-inch baking dish with cooking spray.
3. Place quinoa and black beans in dish; Stir to combine then press evenly into dish.
4. Sprinkle bell pepper and green onion over beans and quinoa. Sprinkle with cheese.
5. Place flour in a 4-cup measuring cup or bowl. Gradually whisk in milk until smooth. Whisk in eggs, chiles, cumin, cayenne and salt. Pour evenly into dish.
6. Bake 35 minutes or until center is set. Let cool 10 minutes. Cut into squares to serve.

#### NUTRIENTS PER SERVING (12 SERVINGS) — SIZE: 1 SQUARE

Calories **170** | Total Fat **7g** | Saturated Fat **3.5g** |  
 Trans Fat **0g** | Cholesterol **80mg** | Sodium **250mg** |  
 Total Carbohydrates **16g** | Dietary Fiber **3.5g** | Sugars **2g** |  
 Protein **10g** | Vitamin D **0.62mcg** | Calcium **160mg** |  
 Iron **1.6mg** | Potassium **270mg**





## CHOCOLATE PEA PROTEIN SHAKE

PREP TIME: 5 min. COOK TIME: 5 min.  
MAKES: 1 smoothie

### INGREDIENTS

- ¾ cup water
- 1 frozen banana
- 1 soft Medjool date, pitted (optional, for sweetness)
- 2 tablespoons raw cacao powder
- ½ teaspoon vanilla extract (alcohol-free, if desired)
- 2 tablespoons pea protein powder
- 1 cup ice cubes

### DIRECTIONS

Combine the water, banana, date, if using, cacao powder, vanilla, and protein powder in a high-speed blender and blend until completely smooth. Add in the ice and blend again until the smoothie is nice thick, with a milkshake-like texture. Serve immediately.

#### NUTRIENTS PER SERVING (1) — SIZE: 535g

Calories **360** | Total Fat **7g** | Saturated Fat **3.5g** |  
Trans Fat **0g** | Cholesterol **0mg** | Sodium **40mg** |  
Total Carbohydrates **59g** | Dietary Fiber **13g** | Sugars **31g** |  
Protein **19g** | Vitamin D **0mcg** | Calcium **81mg** |  
Iron **11mg** | Potassium **1183mg**



## BERRY CHICKPEA SMOOTHIE BOWL

PREP TIME: 5 min. COOK TIME: 5 min.  
MAKES: 1 bowl

### INGREDIENTS

Ingredients

- 1 cup of berries, fresh or frozen
- half a banana
- ¾ cup chickpeas (garbanzo beans)  
cooked or low-sodium canned
- ½ cup milk any kind

#### GARNISHES, YOU PICK!

- chia seeds
- flax seeds
- pumpkin seeds
- dried cranberries
- coconut
- granola
- sliced banana

### DIRECTIONS

1. Add all ingredients except garnishes to a blender, or use an immersion blender, and combine until smooth.
2. Top with garnishes and serve right away in a bowl.

#### NUTRIENTS PER SERVING (1) — SIZE: 380G

Calories **270** | Total Fat **3.5g** | Saturated Fat **1g** |  
Trans Fat **0g** | Cholesterol **5mg** | Sodium **160mg** |  
Total Carbohydrates **54g** | Dietary Fiber **12g** | Sugars **31g** |  
Protein **10g** | Vitamin D **0mcg** | Calcium **219mg** |  
Iron **2mg** | Potassium **656mg**



## MAPLE PECAN WHITE BEAN BLONDIES

**PREP TIME:** 10 min. **COOK TIME:** 25 min.  
**MAKES:** 1 9x9 inch pan of blondies

### INGREDIENTS

#### BLONDIES

- 1 ½ cups cups cooked white beans or 1 (15-ounce) can, drained and rinsed
- 3 tablespoons coconut oil
- 1 tablespoon vanilla extract
- ½ cup gluten-free oat flour
- ¾ cup coconut sugar
- ½ teaspoon salt
- ½ teaspoon baking soda
- 1 teaspoon raw apple cider vinegar
- ½ cup raw pecans
- crushed pecans, for garnish

#### MAPLE PECAN GLAZE

- ¾ cup pecans
- ¼ cup pure maple syrup
- 2 tablespoons coconut oil
- ¼ cup water
- 1 teaspoon vanilla extract
- pinch of sea salt

### DIRECTIONS

#### MAPLE PECAN GLAZE

1. Combine all of the ingredients in a high-speed blender, and blend until smooth and creamy.
2. Place beans, barley, tomatoes, walnuts, herbs and black pepper in a large bowl. Stir in vinaigrette. Serve immediately or chill before serving.

#### BLONDIES

1. Preheat the oven to 350 and line a 9-inch square dish with parchment paper. Process the white beans, coconut oil, and vanilla in a large processor until relatively smooth. Add in the coconut sugar, oat flour, salt, baking soda and vinegar and blend until a smooth batter is formed. Add in the pecans and pulse briefly until incorporated.
2. Pour the batter into the lined baking dish and use a spatula to smooth the top. Bake at 350F until the top begins to crack, about 25 minutes. Allow to cool completely before slicing and serving. Top with the Maple Pecan Glaze just before serving, along with an additional sprinkling of crushed pecans, if desired.

#### NUTRIENTS PER SERVING — SIZE: 108g

Calories **340** | Total Fat **19g** | Saturated Fat **7g** |  
Trans Fat **0g** | Cholesterol **0mg** | Sodium **380mg** |  
Total Carbohydrates **38g** | Dietary Fiber **4g** | Sugars **22g** |  
Protein **6g** | Vitamin D **0mcg** | Calcium **56mg** |  
Iron **2mg** | Potassium **370mg**



## 5-MINUTE MUG CAKE

**PREP TIME:** 5 min. **COOK TIME:** 5 min.  
**MAKES:** Serves 2

### INGREDIENTS

- 1 cup chickpeas/garbanzo beans (canned or cooked), rinsed and drained
- 3 tablespoons honey (or maple syrup)
- ½ cup almond milk,
- 1 ½ teaspoons vanilla
- 4 tablespoons unsweetened cocoa powder
- 4 tablespoons almond flour
- 1 ½ teaspoons baking powder
- 2 tablespoons dark chocolate chips

### DIRECTIONS

1. Blend chickpeas, honey, almond milk, and vanilla in a blender or food processor until smooth. Then add almond flour, baking powder, and cocoa powder and blend again until combined.
2. Divide between two large microwave-safe mugs.
3. Sprinkle chocolate chips and any optional toppings on top of each mug.
4. Microwave on medium power for 2-3 minutes
5. Let cool, and then enjoy!

#### NUTRIENTS PER SERVING — SIZE: 259g

Calories **390** | Total Fat **15g** | Saturated Fat **4g** |  
Trans Fat **0g** | Cholesterol **0mg** | Sodium **750mg** |  
Total Carbohydrates **59g** | Dietary Fiber **11g** | Sugars **32g** |  
Protein **12g** | Vitamin D **1mcg** | Calcium **420mg** |  
Iron **5mg** | Potassium **402mg**







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## Tips to Eat a Plant-Forward Diet

1. Fill half your plate with fruits & veggies
2. Add bulk to meals with pulses & grains
3. Prep ahead of time (wash, peel, chop, grate)
4. Look for plant-forward snacks
5. Swap half the meat for plant-based proteins
6. Eat a Mediterranean-style diet
7. Feature fruit in meals & snacks
8. Start your day with a plant-forward smoothie
9. Eat seasonally
10. Savor plant-based spreads

**PULSES**



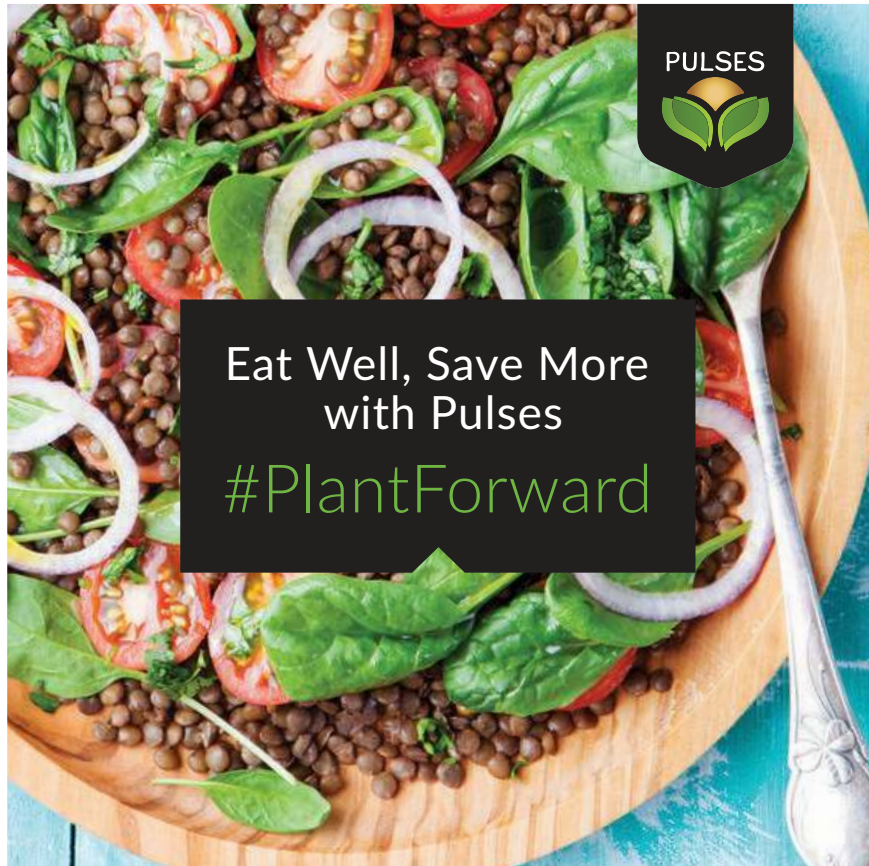
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## Tips to Eat Well, Save More

1. Go plant-forward with your protein
2. Add bulk to meals with pulses & grains
3. Build your pantry
4. Buy in bulk
5. Shop seasonally
6. Savor the flavor (& savings) with frozen and canned
7. Reduce food waste

**PULSES**







# More Information

## Half-Cup Habit

[www.pulses.org/NAP](http://www.pulses.org/NAP)

## Pulse Brand

[www.pulses.org](http://www.pulses.org)

## Global Pulse Day

[www.pulses.org/global-pulse-day](http://www.pulses.org/global-pulse-day)

## Pulses and Weight Management

[pulses.org/NAP/recipes](http://pulses.org/NAP/recipes)

## Reasons to Love Pulses

[pulses.org/NAP/pulsetips/reasons-to-love-pulses](http://pulses.org/NAP/pulsetips/reasons-to-love-pulses)

## Additional Recipes

[www.pulsepledge.com/pulse-recipes](http://www.pulsepledge.com/pulse-recipes)







PULSES



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