

How to: Cook Pulses

Pulses including lentils, chickpeas, dried peas and beans are high in protein and fibre, and are a delicious and budget-friendly ingredient to use every day. One serving of pulses is ¾ cup (175 ml). There are a few ways to cook and store pulses:

- Canned pulses
- Simply open the can, drain and rinse.
- Soaking dried pulses
- Dry lentils and split peas do not need to be soaked, only rinsed before cooking.
- Dry beans, chickpeas and whole peas on the other hand need to be soaked before using, soak in 3 cups (750 ml) water for each 1 cup (250 ml) of pulses.

Method	Instruction
Long/Overnight Soak	Let stand 12 hours or overnight in the refrigerator.
Microwave Soak	Combine pulses and water in microwavable dish, cover and microwave on high for 10-15 minutes. Let stand for 1 hour.
Quick Soak	Bring pulses and water to boil in a saucepan and boil gently for 2 minutes. Remove from heat, cover and let stand for 1 hour.

- Always discard the soaking water and rinse, as this washes away the elements that cause gas.
- Each type of pulse must be cooked for a different length of time, follow the rules outlined in your recipe.

How to: Cook Pulses Continued...

Pulse	Need to be Soaked?	Cooking Time
Beans	Yes	45-50 mins
Whole Peas	Yes	1-1/2 hours
Split Peas	No	40-45 mins
Whole Green Lentils	No	30-45 mins
Split Red Lentils	No	10-15 mins
Chickpeas	Yes	1-1/2 hours

3) Storage

- Dry pulses will keep for years when stored in an airtight container in a cool, dry place. Pulses that have been stored longer will take longer to cook.
- Cooked pulses can be kept in the freezer for up to 6 months. Put the pulses into 1 cup (250 ml) portions and store in freezer bags or small containers. Cooking up a big batch ahead of time will save time when preparing meals!

Instructions from: www.manitobapulse.ca

Food Bank Mini Recipe Book: Summer

Healthy, Nutritious, and Affordable Food for Food Bank Users of All Ages and Cooking Talents



Red Lentil Hummus

A twist on traditional hummus. This recipe can be enjoyed with crackers or pita wedges, carrot or celery sticks or as a spread on sandwiches or wraps.

Makes: 2 cups (500 ml)

- 2 cups (500 ml) water
- 1 cup (250 ml) dried red lentils
- 2 medium garlic cloves, finely chopped
- 3 tbsp (45 ml) nut butter – peanut, almond or tahini
- 5 tbsp (75 ml) olive or other vegetable oil
- ¼ cup (60 ml) lemon juice
- ¼ tsp (2 ml) paprika
- 1 tsp (5 ml) salt
- ¼ tsp (1 ml) pepper

Heat water in a saucepan over high heat until boiling. Add lentils and reduce heat to low. Simmer until almost all the liquid has been absorbed, about 15 minutes. Drain and let cool to room temperature.

Place lentils, garlic and peanut butter into the bowl of a food processor and pulse until lentils are broken up and smooth. With the motor running add oil, lemon juice and seasonings until evenly incorporated. Scrape down sides of bowl and blend again until smooth.

Recipe Tip: If you do not have a food processor, blender or food mill cook lentils until very tender and simply press them through a metal strainer or sieve with the back of a spoon. Mix other ingredients directly into the strained lentils and stir.

Recipe adapted from: www.chow.com

Black Bean and Corn Salsa

A fresh and delicious salad perfect for summer.

Makes 4 servings (serving size: about 1 cup or 250 ml)

- 1 can (19 oz or 540 g) black beans – can substitute for any other type of bean you prefer such as kidney or pinto
- 2 cups (500 ml) frozen or canned corn niblets (thawed for frozen, drained and rinsed for the canned)
- 1 tomato, chopped
- ½ cup (125 ml) red or white onion, chopped
- 2 tbsp (30 ml) lemon or lime juice
- 1 tsp (5 ml) ground cumin
- ½ tsp (2 ml) salt and pepper
- 2 tsp (10 ml) dried parsley

Add citrus juice, cumin, salt, pepper and dried parsley into a large bowl. Add the tomato, beans and corn to the same bowl and stir to mix. Serve immediately or refrigerate until ready to eat. This salad will keep for up to 3 days in an airtight container in the refrigerator.

Nutrition Tip: Beans and other meat alternatives are a great choice because they are a low fat source of protein, while also being high in iron and B vitamins.

Recipe adapted from: Great Tastes of Manitoba



Tuna and Potato Patties

Can be served open faced on a whole wheat bun, or on top of a green salad. Use your favourite dressing or vinaigrette to spice it up!

Makes 8 servings

- 1.5 medium sized potatoes, peeled and chopped
- 2 cans (185g) of tuna, drained and flaked
- 1 celery stick, finely chopped
- 1 carrot, peeled and finely chopped
- 1 egg
- 2 tbsp (30 ml) vegetable oil
- 2 tsp (10 ml) dried parsley
- ¼ cup (60 ml) bread crumbs
- ¼ (1 ml) tsp salt and pepper

Cook potatoes in boiling water until tender, drain and mash. Set aside in refrigerator until cool. Add tuna, carrot, celery, egg, bread crumbs and parsley to the cooled mashed potatoes. Season mixture with salt and pepper. Divide into about 8 patties. Heat oil in frying pan over medium-high heat. Add patties and cook for about 3-4 minutes per side, until golden brown. Remove from heat and serve!

Storage Tip: Did you know that mashed potatoes freeze well? Prepare mashed potatoes as directed above. Place them inside a plastic bag, flatten it and lay it in the freezer. Thaw in refrigerator the day before you need them. Use thawed potatoes in any recipe or simply reheat on stove over medium-low heat and add whatever seasonings you like!

Recipe adapted from: Australian Good Taste Magazine