

# Cooking With Pulses

## What are pulses?

- Pulses are a part of the legume family. They include chickpeas, lentils, peas, and beans.
- Pulses are found canned or dried.
- Pulses have many nutritional benefits! They are high in protein and fibre, low in fat and are a good source of many vitamins and minerals.
- Eating Well with Canada's Food Guide recommends eating meat alternatives such as beans, peas and lentils often.

## Roasted Chickpea Snack

### Ingredients

- 2-19 oz cans (540 mL) chickpeas, rinsed and drained
- 3 tbsp canola oil
- 1/2 teaspoon of salt
- 1/2 teaspoon of cumin
- 1 teaspoon of paprika
- 1 teaspoon of garlic powder

1. Preheat oven to 400°F (200°C).
2. Combine all ingredients in medium bowl and spread onto parchment paper or cookie sheet.
3. Bake for 30 minutes. Stir.
4. Bake another 20 minutes, stirring every 5 minutes. Let cool and enjoy!

## Tasty ways to serve pulses

- Add lentils, beans, or peas to soups.
- Add puréed pulses in to sauces and gravies.
- Add beans to tacos, burritos, chilli and lasagna.
- Serve carrot sticks and hummus for lunch or as a snack. Try hummus as a sandwich spread.
- Add chickpeas to salads.
- Add puréed lentils to cakes or biscuits.