



Good for You!

Praise for Pulses!

You may know them as dry peas, beans, lentils or chickpeas – but together, they (and their many relatives!) make up the nutritious family of pulses. The name comes from the Latin word “puls” meaning thick soup – just one delicious food that can be prepared from pulses!

What is a pulse?

It's an edible seed, grown annually, that forms in a pod and is harvested in dried form. The pulse family is large – it includes all beans, peas and lentils. That's lima beans, black-eyed peas, pinto beans, navy and kidney beans, garbanzo beans, whole yellow peas and black beans, just for starters. You might hear them called legumes – all pulses are legumes, but not all legumes are pulses (sorry green beans, soybeans, peanuts, green peas and clover).

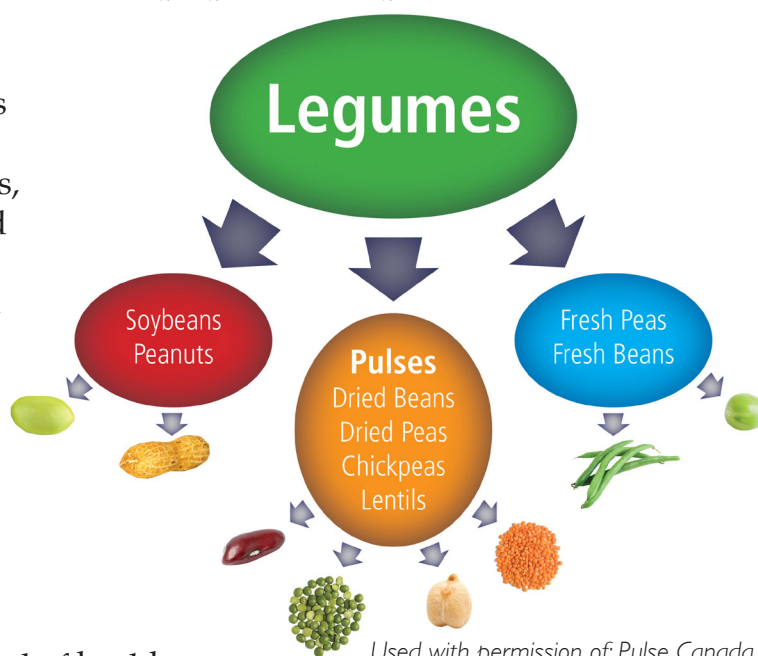
2016 - The Year of Pulses

The United Nations has declared 2016 the International Year of Pulses, because the food source is considered by many as the future food of health, nutrition and sustainability. It's high time pulses earn such a shout-out, because they have been noted as an important food source for just about 11,000 years.*

When it comes to nutrition, pulses are a rich source of protein. They also supply essential micronutrients, including iron, zinc, magnesium, phosphorus and folate, as well as other B-vitamins. They are high in antioxidants, and are gluten, sodium and cholesterol free.

Additionally, pulses are a good source of potassium and fiber – two nutrients that the Dietary Guidelines for Americans (DGA) 2015 – 2020 tell us to include more of in our diets. **In fact, the DGA mention legumes by name** as part of a healthy dietary pattern.

Still not convinced? Here's a healthful fact: As low glycemic index foods, pulses release their energy slowly over time, preventing blood sugar (glucose) surges.



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Search for “Kansas SNAP-Ed” on Facebook to learn more about eating well and saving money.

*Beans and chickpeas are mentioned in the ancient Greek Homer's famous poem, *The Iliad*, written in 8th century BC.

Lentil Taco Soup

adapted from pulsepledge.com

Makes: 6 servings, 1 cup each

Ingredients:

- 1 cup dry brown lentils, rinsed and sorted
- 3 cups low sodium vegetable broth
- 1 can beans – black, red, pinto, navy or your choice – rinsed and drained
- 2 teaspoons olive oil
- 1/4 cup onion, chopped
- 1 clove garlic, minced
- 1 packet taco seasoning, low sodium (about 1/3 cup)
- 1 can tomatoes, diced (14 ounces) – do not drain
- 1/2 cup frozen corn
- Fresh cilantro, chopped (optional)
- Light sour cream (optional)

Instructions:

1. In a Dutch oven or soup pot, combine lentils and broth. Gently simmer, partly covered, for about 15 minutes.
2. While lentils cook, heat onion and garlic in olive oil until they are soft and translucent.
3. When lentils are cooked, add onion and garlic mixture.
4. Add taco seasoning, tomatoes, canned beans and corn.
5. Bring to a boil and simmer for 10 minutes.
6. Serve with chopped cilantro and light sour cream dollop if desired.

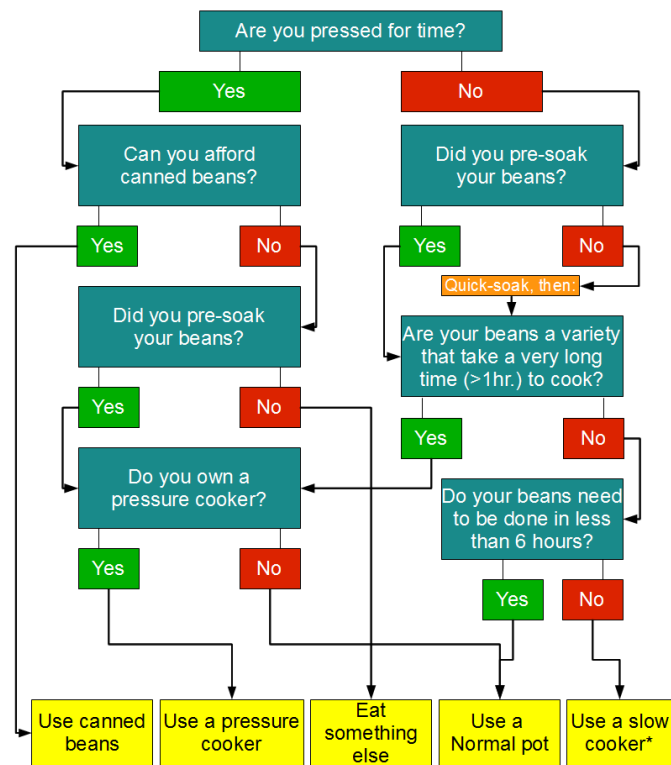
Nutrition Facts: Each one cup serving provides 240 Calories, 2.5g Total Fat, 0g Saturated Fat, 620mg Sodium, 44g Total Carbohydrate, 9g Dietary Fiber, 12g Protein

Fix 'em Fast and Easy!

Pulses are at the center of low cost, satisfying family meals, and can be found in every recipe category – appetizer, salad, soup, bread, dessert, entrée and beyond!

There's a wide variety of pulses, and they are versatile enough to star in countless tasty recipes. One thing they all have in common is they are easy to prepare. While dried beans, chickpeas and whole peas require soaking before cooking, **lentils and split peas can be cooked without soaking and ready to serve in as little as 30 minutes!** Beans can be soaked overnight then drained, rinsed and cooked for 1 to 2 hours (more for large beans like lima and fava beans).

How Should I Cook My Beans?



*slow-cooked beans do not actually require pre-soaking

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Want to learn more?

- www.cookingwithpulses.org
- www.pulsecanada.com
- www.culinarycheapskate.com

Recipes:

www.northernpulse.com/recipes

Dry pulses adapt well to slow cooking methods, and also receive great reviews in recipes using the pressure cooker.

Canned beans have been soaked and cooked, so you only need to heat them, or rinse and add them straight to salads if you like.

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This material is funded by USDA SNAP. USDA is an equal opportunity employer and provider. SNAP provides food assistance to people with low income. It can help you buy nutritious foods for a better diet. For information, call 1-888-369-4777.

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