

## Pass the Pulses Please!

*What's nutritious, can be kept in your residence room, and makes a mean dip in five minutes or less?! A can of pulses is what!*

### **What are pulses?**

Pulses are what are most popularly known as 'legumes', and include dry peas, dry beans, lentils and chickpeas.

### **Why eat them?**

- Pulses are **very high in fibre**, keeping your bowel movements regular and your stomach full!
- Pulses have a **low glycemic index**. Most of the carbohydrates found in pulses are fibre and starch, which prevent blood sugars from rising quickly after you eat them, slowing digestion and leaving you satisfied for longer!
- Pulses are a **great alternative to meat**. They are 20 to 25% protein, and eating them with grains such as wheat, rice, or oats leads to a complete protein profile.

*Try hummus with pita bread, lentils with rice, or baked beans with toast!*

### **How many should I eat?**

- According to Canada's Food Guide, **one serving of pulses equals ¾ cup** (175 mL), about the size of a tennis ball.
- **You can eat them every day!** If you don't eat pulses often and aren't used to them, start adding them to your diet gradually to avoid their "musical" qualities!

### **It's easy to incorporate them!**

- Add white beans to **omelettes**, chickpeas to **salads**, and split peas to **soups**.
- Include lentils in **quesadillas**, and toss black beans on **pizza**.
- Add pulses to whole-grain dishes such as **quinoa**, **barley**, or **brown rice**.
- Replace half the ground meat with kidney beans in **spaghetti sauce** or **tacos**.
- Use pureed lentils in place of half the butter or oil when **baking** to lower the fat.
- Blend chickpeas with herbs, and spread on a **sandwich** or **eat with veggies**.

### **Not only are they healthful, but they're also environmentally-friendly!**

- **Pulses take less energy to grow** than other crops, producing fewer greenhouse gases. It takes 11 times more fossil fuels to produce animal protein than plant-based protein, such as pulses!
- **Support Canadian farmers** by eating pulses! Canada is the world's largest exporter and one of the world's largest producers of pulses.

### Five-Minute Dips

*The easiest party dip that packs as much as 2 grams of fibre in every serving!*

Serves 16 (480 g)

1-19 oz can (540 mL) black beans or navy beans,  
rinsed and drained  
½ cup Greek yogurt  
½ tsp (2 mL) cumin  
2 garlic cloves, minced

1. Place all ingredients into blender. Blend to desired consistency.
2. Enjoy with veggies, pita, or as a spread!



*\*\*For a lentil dip, use lentils instead of beans and 1 tsp curry powder instead of ½ tsp cumin.*

**No blender? No problem!** Pulses can be warmed in the microwave for 30 seconds, making them easier to mash. All you need is a fork to get the job done!

For more information, visit [www.pulsecanada.com](http://www.pulsecanada.com) and [www.saskpulse.com](http://www.saskpulse.com).

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