

## **Cooking with Pulses**

Pulses are dried beans, peas and lentils. They are legumes and when combined with a grain make a perfect vegetarian protein.

That is why Dahl curry (dried peas) is always served with rice or Indian breads and Hummus dip (chick peas) is always served with bread for a complete vegetarian protein.

### **What's great about pulses?**

1. low in fat
2. packed with fibre
3. cheap source of protein
4. help lower cholesterol
5. control blood sugar
6. contain phytoestrogens which help prevent osteoporosis, heart disease & some cancers
7. store for long periods of time

### **Preparation of pulses**

Most pulses except for lentils and split peas need to be soaked before cooking to help prevent flatulence and indigestion.

To soak pulses, cover them with cold water for at least 4-6 hrs, but easier to soak overnight and rinse well before using.

Cook in simmering water until soft and ready to use.

You can purchase most pulses in cans that are ready to use and not bad to have a couple of cans in the pantry to throw into a quick soup or casserole.

**So let's see what we are talking about:**

### **Soy beans, the largest agricultural crop in the world**





**Aduki Beans**



**Red Kidney Beans**

**Pinot Beans**



**Borlotti Beans**



**Black-eyed Beans**



**Black Beans**



**Cannellini Beans**



**Red Lentils**



**Chick Peas**



**Brown Lentils**



**Split Peas**



**Puy or Green Lentils**

