



# COOKING PULSES 101

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PRESENTED BY:  
CHEF JULIE HARRINGTON, RDN

LIVING PLATE NUTRITION EDUCATION AND COUNSELING CENTER  
[WWW.LIVINGPLATE.ORG](http://WWW.LIVINGPLATE.ORG)

# LIVING PLATE

## NON-PROFIT ORGANIZATION

### Mission

Living Plate is passionate about cultivating confidence in the kitchen and creating positive experiences around food while remaining true to our science-based approach to nutrition education.

Mixing the science of nutrition with a dash of culinary guidance, we are spreading our mission to our communities through partnerships with nutrition professionals and organizations nationwide.

# OBJECTIVES



- Identify what pulses are and how they are different from legumes
- Learn the health benefits of pulses
- Understand common barriers to preparing and consuming pulses

# WHAT ARE PULSES?

**Pulses are the edible seeds of plants in the legume family.**

The United Nations Food and Agriculture Organization (FAO) recognizes 11 types of pulses: **dry beans, dry broad beans, dry peas, chickpeas, cow peas, pigeon peas, lentils, Bambara beans, vetches, lupins and pulses nes** (not elsewhere specified – minor pulses that don't fall into one of the other categories).



Dry Beans



Lentils



Faba Beans



Dry Peas



Chickpeas



Cowpeas



Bambara Beans



Pigeon Peas



Lupins

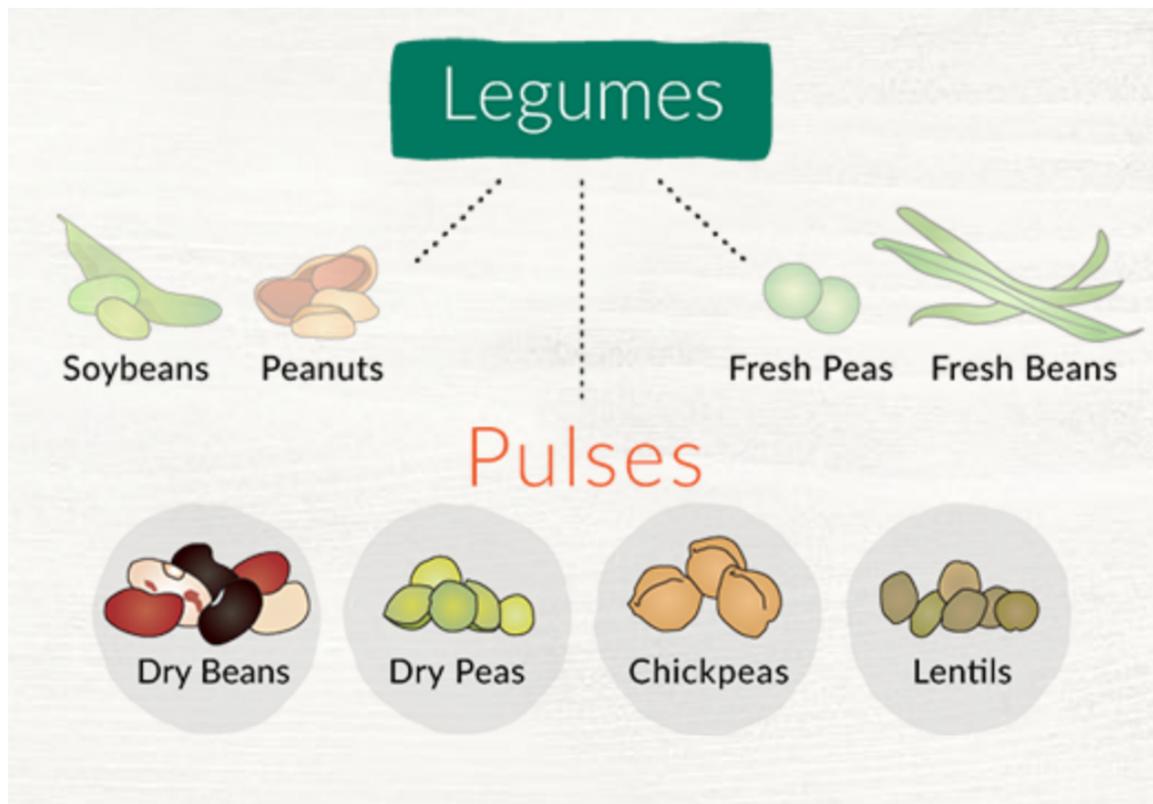


Vetches

# PULSES VS. LEGUMES

## WHAT'S THE DIFFERENCE?

Pulses are part of the legume family, but the term “pulse” refers only to the dried seed. Dry peas, edible beans, lentils and chickpeas are the most common types of pulses.



# CHECK YOUR PULSE: HEALTH BENEFITS



**GOOD SOURCE OF PLANT-BASED PROTEIN**



**EXCELLENT SOURCE OF FIBER**



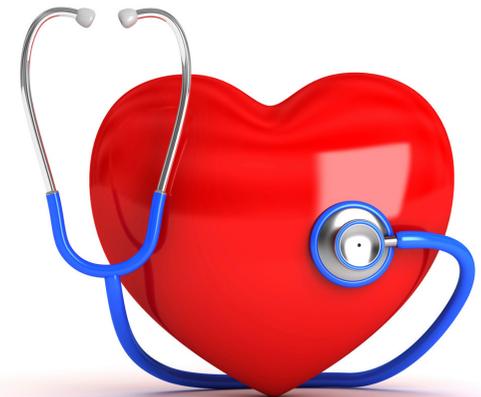
**GOOD SOURCE OF IRON**



**LOW-FAT & LOW-SODIUM**



**GOOD SOURCE OF POTASSIUM**



✓ Maintain a healthy weight

↓ Decrease risk of chronic disease

# BREAK THE BARRIERS



## Common barriers to cooking and consuming pulses:

- Unsure how to cook pulses
- Unsure how to use in recipes
- Unfamiliar with varieties - canned, dried, types
- Taste preferences
- Abdominal discomfort
- Dietary restrictions
- Diet trends

# HOW TO USE DRY PULSES



## Easy as 1, 2, 3

1. Rinse in water and remove any dirt/stones or legumes that may be shriveled.
2. Cover the legumes with plenty of water and soak them overnight (six to eight hours).
3. Change the water and gently boil the legumes until they are the texture you prefer.

# WHY SOAK?

**Easier to digest and absorb the nutrients**

*Split peas and lentils don't need to be soaked, just boil them for about 20 minutes.*



# SPROUTING PULSES



- The practice of germinating seeds
- Are easier to digest and your body can access their full nutritional profile
- When sprouted, nutrients necessary for growth of a new plant are released or “sprouted” which activates and multiplies nutrients, particularly Vitamins A, B, and C

# HOW TO SPROUT

1. Place ingredient (beans, nuts, or grains) 1/3 of the way in a large glass mason jar. Remove the middle insert of the lid, and cut a piece of cheesecloth (or breathable mesh) to fit inside. Fill the rest of the jar with warm filtered water and ½ teaspoon sea salt. Place the cheesecloth on the opening of the mason jar and screw the lid on top, allowing the food to breathe.
2. Soak for the necessary time. The soaking process varies greatly depending what you are sprouting.
3. Pour soaked water out of the jar through the mesh. Remove mesh filter. Fill the jar with fresh water, place metal insert and screw on the lid securely. Shake jar to rinse thoroughly. Replace lid with mesh, screw on lid and drain again.
4. Invert the jar at an angle to allow air to circulate and water can fully drain off. Place by a window to sit in the sunlight.
5. Repeat steps 3 & 4 every few hours or at least twice a day.
6. Wait 1-4 days for the sprouts to be ready. Sprouts can vary from 1/8 inch to 2 inches long. When ready, rinse sprouts, drain, and store in the refrigerator.
7. Enjoy within 2-3 days.

# CANNED - ARE THEY OKAY TO RECOMMEND?

## YES

- Look for low-sodium or no-salt-added (*always rinse*)
- Convenient\*
- Shelf-stable



\*Other convenient pulses: frozen, vacuum sealed, tetra packed

# HOW TO STORE PULSES

## Pantry



### DRY PULSES

Store Time: Up to 1 year

If stored for longer, pulses may require longer cooking times to soften



### CANNED PULSES (SEALED)

Store Time: Several Years

## Refrigerator



### SALADS

Store Time: Up to 5 Days

Stored in a sealed, airtight container



### CANNED OR COOKED PULSES (OPENED)

Store Time: Up to 5 Days

Sealed in airtight container in cooking liquid or covered with water



### SOUPS, CHILI, AND CURRIES

Store Time: Up to 5 Days

Stored in a sealed, airtight container

## Freezer



### COOKED PULSES

Store Time: 6 Months

After pulses have cooled completely, drain any excess liquid and store in single-serving portions in sealed, airtight containers or freezer bags



### SOUPS, CHILI, AND CURRIES

Store Time: 3-6 Months

Store in sealed, airtight containers

# TOO MANY BEANS?

Beans, Beans, They're Good for your Heart,  
the More You Eat the More You..



## **TRY THESE TIPS:**

Change the water once or twice while they soak.

Drain the soaked legumes and use fresh water for cooking.

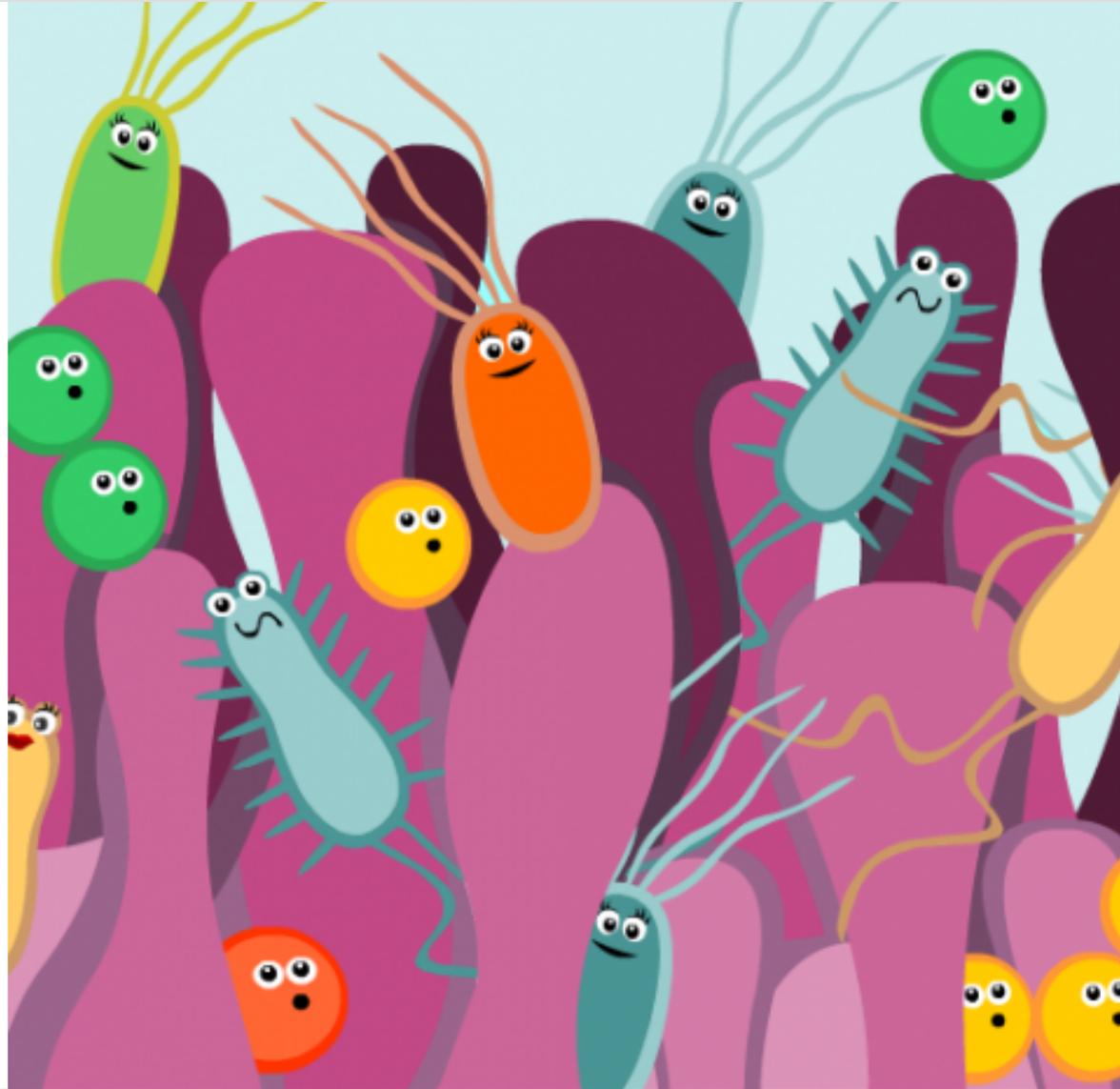
Rinse canned legumes before cooking

Add kombu

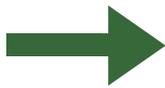
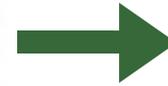
# FERMENTABLE CHO

## Oligosaccharides

*When consumed, these oligosaccharides reach the lower intestine largely intact, and in the presence of anaerobic bacteria ferment and produce carbon dioxide and methane gases, as well as a good deal of discomfort.*



# INCREASING INTAKE



# 1/2 CUP HABIT INITIATIVE



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Video	1/1	1/31	\$50	10	\$500
Podcast	1/1	1/31	\$50	10	\$500
Blog	1/1	1/31	\$50	10	\$500
Website	1/1	1/31	\$50	10	\$500
App	1/1	1/31	\$50	10	\$500
Podcast	1/1	1/31	\$50	10	\$500
Website	1/1	1/31	\$50	10	\$500
App	1/1	1/31	\$50	10	\$500

Weekly chances to win great prizes

# LET'S PRACTICE

## COOKING DEMONSTRATION

### Lentil Stuffed Peppers



# LET'S CONNECT



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