

## K-STATE

Research and Extension

Master Food Volunteer  
Johnson County

### Upcoming VIRTUAL Classes

#### May

##### Herbs - From Seed to Seasoning

Wednesday, May 5 @ 12–1 PM

Fee: \$5

[Click here to Sign Up](#)

##### Pulses: The World's Most Nutritious Food

Thursday, May 6 @ 6–7 PM

Fee: \$25

Includes booklet, some supplies and special ingredients to make recipes

[Click here to Sign Up](#)

##### "Instant" Healthy Meals with Electric Pressure Cookers

Wednesday, May 12, 2021 @ 6–7 PM

Fee: \$5

[Click here to Sign Up](#)

##### Raising Healthy Eaters

Tuesday, May 18 @ 6-7 PM

Fee: \$5

[Click here to Sign Up](#)



*Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Johnson County K-State Research and Extension, 913-715-7000.*

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

*K-State Research and Extension is an equal opportunity provider and employer.*

## Pulses: A Food Trend to Believe in

There always seems to be a new food trend promising to save or restore one's health with little to no effort. While there are smidges of truth behind many of these trends (kale is a highly nutritious vegetable; quinoa is a wonderful whole grain option, juicing does provide the consumer access to ample vitamins and minerals), their reputations tend to over-promise but under-deliver, and the rising stars of these healthy foods tend to burn out quick.

There is one food trend, however, that is supported by credible research from multiple studies, is readily available, is always in-season and also happens to be highly affordable. What is this magical food? It's pulses.

### What are pulses?

Pulses are legumes or more accurately, the edible seeds of legumes. These seeds are nutrient dense and include all varieties of dried beans, dried peas, lentils and chickpeas or garbanzo beans.

### A good source or protein

While pulses are a primary source of protein for most of the world's population, they are not used as often for protein in the United States. Most Americans depend on meat and fish sources for their protein. But there are good reasons to substitute pulses for part of the protein you eat each week. For one, pulses cost much less per serving than meat. A serving of pulses costs about \$0.10 where meat costs vary from about \$0.60 per serving for chicken up to \$1.50 per serving for beef.

### Why should we eat pulses?

Aside from cost savings, there are very good health reasons for eating pulses, which include:

- Excellent source of fiber. All vegetables are good sources of fiber and pulses have the highest fiber of all vegetables.
- Pulses are also an excellent source of iron offering more iron per serving than a serving from the meat group.
- Excellent source of folic acid. This is especially important for pregnant women to lower the risk of neural tube defects.
- A good source of potassium. A serving of pulses has as much potassium as one banana.
- Pulses are very high in antioxidants that will help keep your immune system healthy.
- As part of the vegetable family, pulses are naturally low in fat and sodium.
- For people with celiac disease or gluten-intolerance, pulses are gluten free. The flours made from pulses can be used to produce gluten-free pasta and baked goods.

Pulses are so versatile. You can find many ways to incorporate them into your diet. I love putting chick peas and kidney beans on salads. Lentils, beans and split peas are great when made into soups. Pulses can even be the main dish in your meal plan. To learn more about Pulses and how to incorporate them into your diet, sign up for our class: [Click here to Sign Up](#)

Source: Johnson County K-State Research and Extension

# Recipe of the Month

## White Bean Salad

1 cucumber  
2 tomatoes  
1/2 red onion  
1 (15-ounce) can white beans, rinsed and drained  
2 tablespoons olive oil  
Salt and pepper to taste

1. Chop the cucumber, and tomato into 1/2-inch pieces and dice the red onion. Combine in a large bowl.
2. Add the drained beans to the bowl and drizzle with olive oil.
3. Toss gently to combine.
4. Season with salt and pepper to taste.
5. Serve and enjoy!

Makes 4 servings

Source: Pulses – A Guide to Peas, Lentils, Chickpeas & Beans

### Notes:

- Rinse and drain canned white beans before use.
- Add fresh herbs for an extra pop of flavor and nutrients! One to two tablespoons of freshly chopped basil, parsley, or oregano would work well.
- Substitute 1 cup halved cherry tomatoes instead of two regular sized tomatoes, if desired.
- Go Greek! Add in two tablespoons feta cheese for a salty, tangy bite.



## Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1/4 of recipe</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 6g	21%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 8g	
Vitamin D 0mcg	0%
Calcium 77mg	6%
Iron 2mg	10%
Potassium 14mg	0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

