



## MEET PULSES:

# The World's Most Versatile Superfood

In technical terms, pulses are the dry, edible seeds of plants in the legume family. In understandable terms, they're a category of superfoods that includes chickpeas, lentils, dry peas, and beans. They're incredibly healthy, affordable, tasty and versatile – they can be used in everything from main courses to desserts.

*Here's why they're so adaptable:*



### Whole pulses stretch meals

In lasagna, tacos, casseroles, chili, or even meatballs, replacing half the meat with lentils will boost the fiber and nutrient content while reducing the cost, as well as sodium and fat. Or throw whole pulses, like chickpeas, into soups and salads to make them more filling and add plant-based protein and fiber.

### Pulses taste great

Whether prepared savory or sweet, pulses have long been a staple in Europe, the Mediterranean, India, Latin America, the Middle East and North America. Their great taste is why many of the country's top chefs are now including them in everything from salads to smoothies.



### Pulses know how to blend in

When pureed or turned into powders like chickpea flour or pea protein powder, pulses won't alter the flavor dramatically but will seriously boost the nutritional value, a boon for finicky eaters. Add pulses to dips or smoothies, or bake brownies and breads with a pulse flours, for a seamless, vegetarian, gluten-free way to get more protein and vitamins.

### Endless pulse possibilities

The many varieties of pulses make them excellent pantry staples for home and professional chefs alike. Add cooked pulses to pastas or salads to boost protein and fiber, or use pulse purees for dense and moist baked goods. Or look for packaged goods—from breakfast cereals to chips—that include the added nutrients of pulses and pulse flours.



For more information:

Visit [www.pulses.org](http://www.pulses.org) now and [www.pulsepledge.com](http://www.pulsepledge.com) beginning January 1, 2016, or contact Josie Curtis, Maxwell PR | [josie@maxwellpr.com](mailto:josie@maxwellpr.com) / 503.231.3086