



## Recipes and Shopping List

# Week 1: Beans



### Black Bean and Quinoa Lettuce Wraps

Serves: 4 | Time: 10 minutes

#### Ingredients

- 2 cups cooked black beans
- 1 medium tomato, diced
- ¼ cup diced scallions
- 1 cup cooked quinoa (½ cup dry)
- 1 tbsp toasted sesame oil
- 1 tbsp rice wine vinegar
- 8 lettuce leaves

#### Instructions

1. If the quinoa is not cooked, place the quinoa in a pot over medium-high heat with 1 cup of water. Cook until all of the water is absorbed and quinoa is fluffy, about 15 minutes.
2. Mix the black beans, diced tomato, scallions, cooked quinoa, sesame oil and vinegar in a bowl. Season to taste with salt and pepper.
3. Spoon the black bean mixture into the lettuce leaves.



### Black Bean Stuffed Avocados

Serves: 4 | Time: 5 minutes

#### Ingredients

- 2 cups cooked black beans
- ½ cup of your favorite salsa
- 2 large avocados
- 1 lime
- ¼ cup full fat plain greek yogurt

#### Instructions

1. Combine black beans and salsa in a bowl, set aside.
2. Slice avocados in half, remove pit. Spoon black bean mixture into the avocados.
3. Whisk the juice from one lime into the Greek Yogurt and drizzle over the avocados before serving.



### Crispy Black Bean Quesadillas

Serves: 4 | Time: 15 minutes

#### Ingredients

- 2 cups cooked black beans
- ½ cup red enchilada sauce
- 1 cup shredded pepper jack cheese
- 8 corn tortillas

#### Instructions

1. Pre-heat the oven to 425 degrees. Combine the black beans and enchilada sauce in a small bowl. Toss until beans are coated.
2. Place tortillas on a baking sheet and spoon the black bean mixture evenly on top of each one. Top with pepper jack and carefully fold in half, then bake for 10 minutes.

## Shopping List — Week 1

#### PRODUCE

- 1 medium size tomato
- 1 bunch scallions
- 1 head of romaine
- 2 large avocados
- 1 lime

#### DAIRY AND MEAT

- ¼ cup plain Greek yogurt
- 1 cup shredded pepper jack cheese

#### DRY GOODS

- 6 cups (4 cans) cooked black beans
- 2 cups cooked quinoa (1 cup dry)
- ½ cup of your favorite salsa
- ½ cup red enchilada sauce
- 8 small corn tortillas
- 1 tbsp toasted sesame oil
- 1 tbsp rice vinegar

#### PANTRY

- Salt
- Pepper



For more tips and recipes, visit [Pulses.org](https://Pulses.org)



## Recipes and Shopping List

# Week 2: Chickpeas



### Chickpea Noodle Soup

Serves: 4 | Time: 25 minutes

#### Ingredients

- 2 cups cooked chickpeas
- 1 yellow onion, diced
- 2 cloves garlic, diced
- 1 28-oz can crushed tomatoes
- 1 pound dry egg noodles
- 4 cups chicken stock
- ½ cup fresh basil, roughly chopped

#### Instructions

- Heat 1 tbsp olive oil in a large soup pot. Add the onions, cook for 2 minutes then add garlic. Cook for one more minute then add chickpeas, crushed tomatoes, dry egg noodles, chicken stock and 2 cups water.
- Cook for 12 minutes, season to taste and top with fresh basil before serving.



### Chickpea and Broccoli Pitas

Serves: 4 | Time: 10 minutes

#### Ingredients

- 2 cups cooked chickpeas
- 1 cup cooked broccoli florets
- ½ cup diced tomatoes
- 1 cup guacamole
- 4 whole wheat pitas

#### Instructions

- Combine chickpeas, broccoli and diced tomatoes in a bowl, set aside.
- Slice pitas in half and spread a layer of guacamole in each. Fill with chickpea mixture and serve.



### Sweet Potato and Chickpea Salad

Serves: 4 | Time: 25 minutes

#### Ingredients

- 2 cups cooked chickpeas
- 2 cups sweet potatoes, diced
- 2 cups fresh spinach
- ½ cup dried cranberries
- 1 tbsp maple syrup
- 1 tbsp apple cider vinegar
- 2 tbsp olive oil

#### Instructions

- Bring a large pot of water to a boil. Add the diced sweet potato and cook for 10 minutes, or until you can easily pierce them with a fork.
- Mix chickpeas, sweet potatoes, spinach and dried cranberries in a bowl, set aside.
- In another bowl, whisk together the maple syrup, vinegar and olive oil. Season to taste with salt and pepper.
- Drizzle dressing over chickpea mixture. Toss to combine, then serve.

## Shopping List — Week 2

#### PRODUCE

- 1 yellow onion
- 2 cloves garlic
- ¼ cup fresh basil leaves
- 1 cup fresh broccoli florets
- ½ cup diced tomatoes
- 1 cup pre-made guacamole
- 2 medium sized sweet potatoes
- 2 cups fresh spinach

#### DRY GOODS

- 6 cups (4 cans) cooked chickpeas (aka garbanzo beans)
- 1 28-oz can crushed tomatoes
- 1 16-oz package egg noodles
- 4 whole wheat pita breads
- ½ cup dried cranberries

#### PANTRY

- 4 cups chicken stock
- 1 tbsp apple cider
- Vinegar
- 2 tbsp olive oil
- 1 tbsp maple syrup
- Salt
- Pepper



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## Recipes and Shopping List

# Week 3: Split Peas



### Split Pea Caprese Salad

Serves: 4 | Time: 20 minutes

#### Ingredients

- 2 cups yellow split peas, cooked and lightly rinsed in cold water (1 cup dry)
- 2 cups cherry tomatoes, halved
- 1 cup fresh mozzarella pearls
- ½ cup fresh basil leaves
- 1 tbsp balsamic vinegar
- 1 tbsp olive oil

#### Instructions

1. If the yellow split peas are not yet cooked, place 1 cup dry peas in a pot with 1 and ½ cups water. Cook until the water is absorbed and peas are soft but not mushy. Rinse with cold water.
2. Combine the split peas, cherry tomatoes, mozzarella and basil in a bowl. Drizzle with balsamic vinegar and olive oil. Toss to coat, then season with salt and pepper before serving.



### Cheesy Split Pea Dip

Serves: 4 | Time: 10 minutes

#### Ingredients

- 2 cups cooked yellow split peas (1 cup dry)
- 8-oz goat cheese
- ¼ cup olive oil
- ¼ cup water
- ½ tsp paprika
- Assorted veggies or bread for dipping

#### Instructions

1. If the yellow split peas are not yet cooked, place 1 cup dry peas in a pot with 2 cups of water over medium-high heat. Cook until all of the water is absorbed.
2. Place all ingredients in a food processor and pulse until very smooth. Season to taste with salt and pepper. Transfer to a bowl and serve with assorted fresh vegetables or bread.



### Cauliflower and Split Pea Soup

Serves: 4 | Time: 20–40 minutes

#### Ingredients

- 2 cups yellow split peas, cooked (1 cup dry)
- 1 yellow onion, chopped
- 2 cloves garlic, diced
- 2 cups cauliflower florets
- 1 tbsp fresh thyme
- 4 cups chicken broth

#### Instructions

1. Heat 1 tbsp olive oil in a large soup pot. Add the onions, cook for 2 minutes then add the garlic and cauliflower. Cook for 5 minutes before adding the split peas (dry or cooked), thyme, chicken broth and water.
2. If you are using dry yellow split peas, add 2 cups of water and cook for 30 minutes. If you are using pre-cooked yellow split peas, cook for 15 minutes. Season to taste with salt and pepper before serving.

**Tip:** for a creamier soup, use an immersion blender to blend until smooth before serving.

## Shopping List — Week 3

#### PRODUCE

- 2 cups cherry tomatoes
- ½ cup fresh basil leaves
- 1 large head of cauliflower
- 1 yellow onion
- 2 cloves garlic
- 1 tbsp fresh thyme

#### DAIRY AND MEAT

- 1 cup fresh mozzarella pearls
- 8-oz soft goat cheese

#### DRY GOODS

- 6 cups cooked yellow split peas (3 cups dry yellow split peas)
- ½ tsp paprika

#### PANTRY

- Balsamic vinegar
- Olive oil
- Salt
- Pepper
- 4 cups chicken broth



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## Recipes and Shopping List

# Week 4: Lentils



### One-Pan Lentil Frittata

Serves: 4 | Time: 25 minutes

#### Ingredients

- 2 cups cooked green lentils (1 cup dry)
- 2 medium-sized carrots, peeled and chopped
- 1 yellow onion, chopped
- 2 cups fresh spinach, chopped
- 8 eggs
- 1 tsp cumin

#### Instructions

1. If the lentils are not yet cooked, place them in a pot over medium-high heat with 2 cups water. Cook until water is absorbed, about 20 minutes.
2. Pre-heat the oven to 425 degrees. Heat 1 tbsp olive oil in a large cast iron skillet. Add the onion and carrots, cook for 2 minutes. Add the lentils and spinach.
3. Whisk the eggs, cumin and a pinch of salt and pepper. Pour into the pan and cook for 5 minutes, then transfer to the oven and bake for 10 minutes before serving.



### Lentil and Wild Rice Salad

Serves: 4 | Time: 10 minutes

#### Ingredients

- 2 cup cooked green lentils (1 cup dry)
- 2 cups cooked wild rice (1 cup dry)
- 2 cups fresh spinach
- 1 medium-sized, red apple, chopped
- 2 ribs celery, chopped
- 1 tbsp apple cider vinegar
- 2 tbsp olive oil

#### Instructions

1. If the lentils and rice are not yet cooked, combine them in a large pot over medium-high heat with 4 cups of water. Cook until all of the water is absorbed.
2. Combine the cooked lentils, rice, apple and celery in a large bowl, set aside.
3. In a smaller bowl, whisk together the vinegar and olive oil. Season to taste with salt and pepper before drizzling over the lentil mixture.



### Spaghetti with Lentil Tomato Sauce

Serves: 4 | Time: 20 minutes

#### Ingredients

- 2 cups cooked lentils (1 cup dry)
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 28-oz jar tomato pasta sauce
- 1 lb dry spaghetti
- ¼ cup shredded fresh basil

#### Instructions

1. Bring a large pot of water to a boil, add the pasta and cook al dente according to package instructions.
2. While the pasta cooks, heat 1 tbsp olive oil in a large skillet. Add the onions and garlic, cook for 2 minutes, then add the tomato sauce and lentils.
3. When the pasta is done, add it directly to the sauce pan. Toss until noodles are coated then divide between 4 plates. Top with fresh basil before serving.

## Shopping List — Week 4

#### PRODUCE

- 4 cups fresh spinach
- 2 medium-sized carrots
- 2 yellow onions
- 1 medium-sized red apple
- 2 celery ribs
- 2 cloves garlic
- ¼ cup fresh basil

#### DAIRY AND MEAT

- 8 eggs

#### DRY GOODS

- 6 cups cooked green lentils (or 3 cups dry green lentils)
- 1 tsp cumin
- 2 cups cooked wild rice, or 1 cup uncooked wild rice

#### PANTRY

- Olive oil
- Apple cider vinegar
- Salt
- Pepper



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