



## Recipes and Shopping List

# Week 1: Chickpeas



### Greek Salad

Serves: 4 | Time: 10 minutes

#### Ingredients

- 1 cucumber
- 2 large tomatoes
- 1 red onion
- 2 cups (1 can) chickpeas
- 2 tbsp olive oil
- 2 tbsp red wine vinegar
- Salt and pepper

#### Instructions

1. Chop cucumbers, and tomatoes into 1 inch chunks and dice the red onion.
2. Combine all ingredients in a large bowl. Toss and divide between 4 bowls.



### Red Pepper Hummus

Serves: 4 | Time: 5 minutes

#### Ingredients

- 2 cups (1 can) chickpeas
- 1 jar roasted red peppers (pat dry)
- ¼ cup tahini
- Salt and pepper

#### Instructions

1. Combine chickpeas, roasted red peppers and tahini in a food processor. Pulse until smooth. Taste and season with salt and pepper accordingly.
2. Serve with pita bread or chips.



### BBQ Tortilla Pizzas

Serves: 4 | Time: 20 minutes

#### Ingredients

- 2 cups chickpeas
- ½ cup bbq sauce
- 1 red onion, diced
- 4 whole wheat tortillas
- 1 cup shredded mozzarella
- 5 basil leaves, shredded

#### Instructions

1. Pre-heat the oven to 425 degrees. Combine the chickpeas, red onion and BBQ sauce in a small bowl. Toss until chickpeas are coated.
2. Place tortillas on a baking dish and spoon the chickpea mixture evenly on top of each one. Top with mozzarella and bake for 10 minutes.
3. Top cooked pizzas with shredded fresh basil.

## Shopping List — Week 1

#### PRODUCE

- ☐ 1 cucumber
- ☐ 2 large tomatoes
- ☐ 2 red onions
- ☐ 1 package fresh basil (5 fresh basil leaves)

#### DAIRY AND MEAT

- ☐ 1 8-ounce package shredded mozzarella

#### DRY GOODS

- ☐ 6 cups (4 cans) cooked Chickpeas
- ☐ 1 jar roasted red peppers
- ☐ 1 jar tahini
- ☐ 1 jar BBQ sauce
- ☐ 4 whole wheat tortillas
- Pita bread or tortilla chips

#### PANTRY

- ☐ Olive oil
- ☐ Red Wine Vinegar
- ☐ Salt
- ☐ Pepper



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



## Recipes and Shopping List

# Week 2: Beans



### Spicy White Bean and Tomato Breakfast Tacos

Serves: 4 | Time: 15 minutes

#### Ingredients

- 2 cups (1 can) white beans
- 1 28-ounce can diced tomatoes
- ½ tsp chili powder
- 8 small corn tortillas
- 4 eggs
- ½ avocado
- Salt and pepper

#### Instructions

1. In a small sauce pan, combine the beans, tomatoes and chili powder. Cook over high heat until warm, about 5 minutes.
2. In a separate pan, scramble the eggs.
3. Warm the tortillas in the microwave or oven, then top each with the bean mixture, eggs and 2 avocado slices.



### Cowboy Chopped Salad

Serves: 4 | Time: 5 minutes

#### Ingredients

- 2 cups (1 can) white beans
- 2 avocados, diced
- 2 cups cherry tomatoes, halved
- 1 cup corn
- ½ cup roughly chopped cilantro
- 1 lime
- Salt and pepper

#### Instructions

1. Combine first five ingredients in a large bowl.
2. Squeeze lime juice over the mixture and toss gently to combine. Season with salt and pepper to taste.



### One-Pot Bean and Tomato Pasta

Serves: 4 | Time: 20 minutes

#### Ingredients

- 2 cups chicken stock
- 2 cups water
- 2 cups (1 can) white beans
- 12 cherry tomatoes, halved
- 1 small yellow onion, diced
- 1 box pasta
- Salt and pepper

#### Instructions

1. Combine all ingredients in a large pot. Cover and bring to a boil over medium-high heat.
2. Lower heat and cook at a simmer until pasta absorbs liquid.
3. Season to taste before serving.

## Shopping List — Week 2

#### PRODUCE

- ☐ 3 avocados
- ☐ 3 cups cherry tomatoes (est. 2 pints)
- ☐ 1 lime
- ☐ 1 yellow onion
- ☐ 1 package frozen or 1 cup fresh corn off cob
- ☐ 1 bunch fresh cilantro

#### DAIRY AND MEAT

- ☐ 4 Eggs

#### DRY GOODS

- ☐ 6 cups (4 cans) white beans (Cannellini, navy, white kidney, etc.)
- ☐ 1 28-ounce can diced tomatoes
- ☐ 8 small corn tortillas
- ☐ 2 cups chicken stock (can or box)
- ☐ 1 12-ounce box dry macaroni or penne pasta

#### PANTRY

- ☐ Chili powder
- ☐ Salt
- ☐ Pepper



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





## Recipes and Shopping List

# Week 3: Lentils



### Lentil Chicken Salad Sandwich

Serves: 4 | Time: 10 minutes

#### Ingredients

- 2 cooked chicken breasts, diced
- 12 red grapes, halved
- 2 cups cooked brown or green lentils
- 2 tbsp chopped parsley
- ¼ cup mayo (or sub Greek yogurt)
- 1 tsp lemon juice
- 8 slices bread (wheat recommended)

#### Instructions

1. Combine the first six ingredients in a bowl, toss until combined.
2. Spread the mixture on four slices of bread, then top each with a remaining slice of bread.



### Crunchy Sea Salt and Thyme Roasted Lentils

Serves: 4 | Time: 20 minutes

*Consider tossing on a salad or eating as a snack!*

#### Ingredients

- 2 cups cooked brown or green lentils
- 2 tbsp olive oil 2 tsp sea salt
- 2 tbsp fresh thyme

#### Instructions

1. Preheat the oven to 425 degrees.
2. Combine all ingredients in a bowl and toss until all lentils are coated in oil
3. Spread the mixture on a sheet pan and bake for 15–20 minutes, stirring once half way through, until crispy.



### Lentil Taco Salad

Serves: 4 | Time: 20 minutes

#### Ingredients

- 2 cups cooked green or brown lentils
- 1 tbsp taco seasoning
- 4 cups romaine lettuce, roughly chopped
- 1 lime
- 1 cup pico de gallo
- ½ avocado, chopped
- ½ cup shredded medium cheddar cheese
- ½ cup crumbled tortilla chips

#### Instructions

1. Place lentils in a bowl and toss with the taco seasoning.
2. Combine lettuce, pico de gallo, avocado, lentils and cheddar cheese in a large bowl. Squeeze lime juice over top and toss to combine.
3. Divide salad between 4 plates and top with a sprinkle of crushed tortilla chips.

## Shopping List — Week 3

#### PRODUCE

- ☐ 1 small bunch red grapes
- ☐ 1 lemon
- ☐ 1 lime
- ☐ 1 avocado
- ☐ 1 bunch fresh thyme
- ☐ 1 bunch fresh parsley
- ☐ 2 heads of romaine lettuce

#### DAIRY AND MEAT

- ☐ 2 chicken breasts
- ☐ 1 8-ounce package shredded medium cheddar cheese

#### DRY GOODS

- ☐ 6 cups cooked green or brown lentils (3 cups dry)

- ☐ 1 container pico de gallo salsa
- ☐ 1 loaf of sliced bread (your choice of variety)
- ☐ Tortilla chips (Roughly 12–15 chips total)

#### PANTRY

- ☐ Olive oil
- ☐ Salt
- ☐ Pepper
- ☐ Taco seasoning
- ☐ Mayonnaise or Greek yogurt



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



## Recipes and Shopping List

# Week 4: Split Peas



### Split Pea Breakfast Bowl

Serves: 4 | Time: 20 minutes

#### Ingredients

- 1 cup dry green split peas  
(makes 2-cup serving)
- 1 cup canned coconut milk
- 4 hard-boiled eggs, sliced
- 1 tomato, sliced
- 1 avocado, sliced
- Salt and pepper

#### Instructions

1. Place split peas in a sauce pot with coconut milk. Cook over medium heat until combined and creamy. Season to taste.
2. Divide peas between four plates and top each serving with sliced egg, avocado and tomato.



### Pea and Carrot Salad

Serves: 4 | Time: 20 minutes

#### Ingredients

- 2 large carrots
- 1 cup dry green split peas
- 2 cups water
- 2 cups water
- ½ cup chopped parsley
- 2 tbsp olive oil
- 1 lime

#### Instructions

1. Pre-cook split peas (Bring 1 cup of dry split peas and 2 cups water to a boil, then simmer for 12–15 minutes, until al'dente); drain and place in bowl.
2. Thinly slice carrots and put them in a bowl with the split peas. Add the parsley, olive oil and juice and zest from one lime. Toss to combine, then serve.



### Double Pea Rice Bowl

Serves: 4 | Time: 10 minutes

#### Ingredients

- 1 cup dry green split peas
- 2 cups cooked rice (brown preferred)
- 1 cup fresh or frozen peas
- ½ red onion, diced
- 2 tbsp olive oil
- ½ cup toasted pine nuts
- Salt and pepper

#### Instructions

1. Pre-cook split peas (Bring 1 cup of dry split peas and 2 cups water to a boil, then simmer for 12–15 minutes, until al'dente); drain and place in a large bowl.
2. Add rice, fresh peas and red onion to the split peas.
3. Drizzle with olive oil and toss. Season to taste then divide among four bowls.
4. Top each serving with a sprinkle of pine nuts.

## Shopping List — Week 4

#### PRODUCE

- ☐ 1 tomato
- ☐ 1 avocado
- ☐ 2 large carrots
- ☐ 1 lime
- ☐ 1 cup fresh or frozen peas
- ☐ 1 red onion
- ☐ 1 bunch fresh parsley

#### DAIRY AND MEAT

- ☐ 4 eggs

#### DRY GOODS

- ☐ 3 cups dry green split peas
- ☐ 1 can coconut milk
- ☐ 2 cups white or brown rice
- ☐ ½ cup pine nuts

#### PANTRY

- ☐ Olive Oil
- ☐ Salt
- ☐ Pepper



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