Healthy Cooking & Baking Swaps

Beans, lentils, chickpeas and dry peas are chameleons in the kitchen. Try these easy swaps to amp up the nutrition in your favorite dishes:

**VEGGIE BOWLS**
- **Replaced with This:**
  - Cooked Green Lentils
- **Benefits:**
  - More FIBER
  - More PROTEIN

**TACOS**
- **Replaced with This:**
  - Shredded Pork
- **Benefits:**
  - Fewer CALORIES
  - Less FAT
  - More FIBER

**SANDWICH SPREAD**
- **Replaced with This:**
  - Hummus
- **Benefits:**
  - Less FAT
  - More FIBER
  - More PROTEIN

**LASAGNA**
- **Replaced with This:**
  - Pureed White Beans
- **Benefits:**
  - Fewer CALORIES
  - Less FAT
  - More FIBER

**BURGERS**
- **Replaced with This:**
  - Mashed Pinto Beans
- **Benefits:**
  - Fewer CALORIES
  - Less FAT
  - Less SATURATED FAT
  - More FIBER

**MAC N’ CHEESE**
- **Replaced with This:**
  - Yellow Split Pea Puree
- **Benefits:**
  - Less FAT
  - More FIBER

**BROWNIES**
- **Replaced with This:**
  - Black Beans, Pureed
- **Benefits:**
  - More FIBER
  - More PROTEIN

**CHOCOLATE CHIP COOKIES**
- **Replaced with This:**
  - Red Lentil Puree
- **Benefits:**
  - More FIBER
  - More PROTEIN

For more tips and recipes, visit Pulses.org

Figures sourced from USDA Nutrient Database