



## Week 1: Recipes and Shopping List

# Cannellini beans



### Garlic Kale and White Bean Hash

Serves: 4 | Time: 15 minutes

#### Ingredients

- 2 cups (about 1.5 cans) cooked cannellini beans, rinsed and drained
- 1 tablespoon olive oil
- 2 cloves garlic, diced
- 1 cup red bell peppers, chopped
- 1 head curly kale, destemmed and roughly chopped
- 4 eggs

#### Instructions

1. Heat olive oil in a large pan over medium-high heat. Add the peppers and cook for about 3 minutes, then add the garlic and cook for 1 more minute before adding the kale to the pan. Cook until wilted, then add the beans and continue to cook for one more minute. Season to taste.
2. Transfer the kale mixture to four serving bowls, then crack the eggs in the hot pan. Cook to your preference before topping each serving bowl with one egg.



### Citrus and White Bean Salad

Serves: 4 | Time: 15 minutes

#### Ingredients

- 2 cups (about 1.5 cans) cooked cannellini beans, rinsed and drained
- 2 oranges
- ¼ cup olive oil
- 2 tablespoons white wine vinegar
- 2 cups baby arugula
- 2 avocados, peeled and thinly sliced
- 1 red onion, thinly sliced

#### Instructions

1. Make a simple dressing by combining the juice and zest from one orange with the olive oil, white wine vinegar and a pinch of salt in a jar with a tightly fitted lid. Close and shake until combined.
2. Peel and slice the remaining orange. Divide the arugula between four bowls, then top each with beans, orange slices, avocado and onion. Drizzle with dressing before serving.



### White Bean, Sausage and Kale Pizza

Serves: 4 | Time: 25 minutes

#### Ingredients

- 2 cups (about 1.5 cans) cooked cannellini beans, rinsed and drained
- ½ pound pork or chicken sausage
- 1 package store-bought, raw pizza dough
- ½ cup ricotta cheese
- ½ cup mozzarella cheese, shredded
- 1 cup lacinato kale, chopped

#### Instructions

1. Pre-heat the oven to 450 degrees and line a large sheet pan with parchment paper. Set aside. Place the sausage in a skillet over high heat and cook until brown, about 7 minutes. Remove from heat and set onto a paper towel-lined plate.
2. Divide the dough into 4 pieces and roll each piece into a roughly 6-inch circle. Place on the prepared sheet pan.
3. Top each with mozzarella, dollops of ricotta, white beans, sausage and kale. Bake until edges are golden brown and crispy, about 15 minutes.

## Shopping List — Week 1

#### PRODUCE

- ☐ 1 head of curly kale (or kale of choice)
- ☐ 1 head of lacinato kale (or kale of choice)
- ☐ 1 cup mini red bell peppers or one large red bell pepper
- ☐ 2 cloves garlic
- ☐ 2 avocados
- ☐ 1 small red onion
- ☐ 2 oranges
- ☐ 2 cups baby arugula

#### DAIRY AND MEAT

- ☐ ½ pound ground pork or chicken sausage
- ☐ 4 large eggs
- ☐ 2 cups shredded mozzarella cheese
- ☐ 1 15-ounce container of whole milk ricotta cheese

#### FROZEN AND REFRIGERATED

- ☐ 1 package pre-made raw pizza dough

#### PANTRY

- ☐ 5 cans cannellini beans (or 3 cups dry)
- ☐ Olive oil
- ☐ White wine vinegar



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



## Week 2: Recipes and Shopping List

# Chickpeas



### Curried Chickpea Salad

Serves: 4 | Time: 10 minutes

#### Ingredients

- 2 cups (1.5 cans) cooked chickpeas, drained and rinsed
- ¼ cup mayonnaise
- 2 teaspoons curry powder
- 3 ribs celery, finely diced
- 1 cup red grapes, sliced
- 4 large pieces of green leaf lettuce

#### Instructions

1. Combine chickpeas, mayonnaise, curry powder, celery and grapes in a bowl and use a spatula to mix.
2. Place lettuce on four plates then top each with the chickpea mixture.



### Spring Pea and Chickpea Pasta

Serves: 4 | Time: 25 minutes

#### Ingredients

- 2 cups (1.5 cans) cooked chickpeas, drained and rinsed
- 2 oranges
- ¼ cup olive oil
- 2 tablespoons white wine vinegar
- 2 cups baby arugula
- 2 avocados, peeled and thinly sliced
- 1 red onion, thinly sliced

#### Instructions

1. Cook pasta in boiling water for 5 minutes, then add the frozen peas and asparagus to the pot. Cover and cook for 5 more minutes, then drain.
2. Pour the pasta mixture into a large bowl. Add chickpeas, sugar snap peas and olive oil. Toss to coat, then season to taste with salt and pepper.
3. Divide between four bowls and top each with shaved Parmesan cheese.



### Roasted Chickpea Trail Mix

Serves: 4 | Time: 25 minutes

#### Ingredients

- 2 cups (1.5 cans) cooked chickpeas, drained and rinsed
- 2 teaspoons olive oil
- 1 teaspoon salt
- ½ cup salted or raw almonds
- ¼ cup dry goji berries or dried cranberries
- ½ cup raw pumpkin seeds
- ½ cup mini chocolate chips

#### Instructions

1. Pre-heat the oven to 425 degrees. Place the chickpeas in a bowl with the salt and olive oil. Toss to coat, then spread on a sheet pan and bake until crispy, about 20 minutes.
2. Allow the chickpeas to cool completely, then pour into a bowl with the almonds, goji berries or cranberries, pumpkin seeds and chocolate chips. Toss to combine before serving.

## Shopping List — Week 2

#### PRODUCE

- ☐ 1 head green leaf lettuce
- ☐ 2 stalks celery
- ☐ 1 container (at least 1 cup) red grapes
- ☐ 1 bunch asparagus
- ☐ 1 cup sugar snap peas

#### MEAT AND DAIRY

- ☐ ½ cup shaved Parmesan cheese

#### FROZEN AND REFRIGERATED

- ☐ 1 package (10-ounce) frozen peas

#### PANTRY

- ☐ 5 cans chickpeas (or 3 cups dry)
- ☐ Mayonnaise
- ☐ Curry powder
- ☐ 1 box (1 pound) dry rotini or penne pasta

- ☐ Olive oil
- ☐ Salt
- ☐ ½ cup salted or raw almonds
- ☐ ¼ cup dry goji berries or dried cranberries
- ☐ ½ cup raw pumpkin seeds
- ☐ ½ cup mini chocolate chips



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## Week 3: Recipes and Shopping List

# Brown Lentils



### Thai Peanut Lettuce Wraps

Serves: 4 | Time: 20 minutes

#### Ingredients

- 2 cups cooked (1 cup dry) brown lentils
- ½ cup purple cabbage, shredded
- ½ cup carrots, shredded
- ½ cup scallions, diced
- ¼ cup peanut sauce
- 8 large pieces of romaine lettuce
- ¼ cup peanuts, chopped

#### Instructions

1. If the lentils are dry, rinse and then combine with 2 cups water in a small saucepan over medium-high heat. Cook until all of the liquid is absorbed, about 20 minutes.
2. Combine lentils, cabbage, carrots, scallions and peanut sauce in a bowl. Toss to coat. Place two pieces of lettuce on each plate.
3. Spoon filling into the center of the lettuce and top each with a sprinkle of chopped peanuts.



### Baked Salmon with Fennel and Lentils

Serves: 4 | Time: 30 minutes

#### Ingredients

- 2 cups cooked (1 cup dry) brown lentils
- 1 pound fresh salmon, cut into 4 fillets
- 1 tablespoon olive oil
- 1 fennel bulb, trimmed and thinly sliced, fronds reserved

#### Instructions

1. If the lentils are dry, rinse and then combine with 2 cups water in a small saucepan over medium-high heat. Cook until all of the liquid is absorbed, about 20 minutes.
2. Pre-heat the oven to 425 degrees and line a baking sheet with parchment paper. Place the fish skin side down on one side of the pan and the sliced fennel on the other. Drizzle everything with olive oil and season to taste. Bake for 20 minutes.
3. Toss the roasted fennel in a bowl with the lentils. Divide between four plates and top each with a salmon filet and a sprinkle of fennel fronds.



### Birthday Cake Energy Bites

Serves: 4 | Time: 20 minutes

#### Ingredients

- 2 cups cooked (1 cup dry) brown lentils
- 1 cup rolled oats
- ½ cup coconut butter
- 1 tablespoon coconut oil
- ½ cup white chocolate chips
- ¼ cup naturally colored rainbow sprinkles

#### Instructions

1. If the lentils are dry, rinse and then combine with 2 cups water in a small saucepan over medium-high heat. Cook until all of the liquid is absorbed, about 20 minutes.
2. Combine all ingredients in a bowl. Mix until it comes together. Scoop about a tablespoon out of the bowl, roll into a ball and place on a sheet pan.
3. Repeat with remaining mixture and refrigerate briefly before serving.

## Shopping List — Week 3

#### PRODUCE

- ☐ 1 head romaine lettuce
- ☐ ½ head purple cabbage
- ☐ 1 cup carrots, shredded
- ☐ 1 bunch scallions
- ☐ 1 head of fennel

#### MEAT AND DAIRY

- ☐ 1 pound fresh or frozen and thawed salmon

#### PANTRY

- ☐ 3 cups dry brown lentils
- ☐ ½ cup dry roasted peanuts
- ☐ Olive oil
- ☐ Bottled peanut sauce

- ☐ 1 cup rolled oats
- ☐ ½ cup coconut butter
- ☐ 1 tablespoon coconut oil
- ☐ ½ cup white chocolate chips
- ☐ ¼ cup naturally colored rainbow sprinkles



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## Week 4: Recipes and Shopping List

# Green Split Peas



### Super Green Breakfast Bowl

Serves: 4 | Time: 20 minutes

#### Ingredients

- 2 cups cooked (1 cup dry) split green peas
- ½ cup almond milk
- 2 cups broccoli florets
- 1 avocado, peeled and sliced
- 4 eggs
- 1 tablespoon butter
- Hot sauce (optional)

#### Instructions

1. If the split peas are dry, rinse and combine with 2 cups water in a small saucepan over medium-high heat. Cook until all of the liquid is absorbed, about 20 minutes.
2. Place the cooked split peas in a small saucepan with almond milk. Cook over high heat until the majority of the liquid is absorbed, about 7 minutes. Add the broccoli, cover and cook for an additional 3 minutes.
3. While the peas and broccoli cook, fry four eggs in a buttered nonstick frying pan.
4. Divide split pea and broccoli mixture into four bowls. Top each with an egg and avocado slices, and add salt, pepper and hot sauce if desired before serving.



### Split Pea and Avocado Spring Sandwich

Serves: 4 | Time: 15 minutes

#### Ingredients

- 2 cups cooked (1 cup dry) split green peas
- 8 slices sourdough bread
- 1 avocado, peeled and sliced
- 1 bunch radishes, thinly sliced
- 1 head radicchio, roughly chopped
- 1 large carrot, peeled into ribbons

#### Instructions

1. If the split peas are dry, rinse and combine with 2 cups water in a small saucepan over medium-high heat. Cook until all of the liquid is absorbed, about 20 minutes.
2. Combine the cooked split peas and avocado in a blender and pulse until combined and smooth. Spread split pea mixture onto all eight slices of bread.
3. Top four slices with radishes, radicchio and carrots, then add remaining slices of bread on top, split pea side down to create four sandwiches.



### Spring Pea Soup

Serves: 4 | Time: 25 minutes

#### Ingredients

- 2 cups cooked (1 cup dry) split green peas
- 4 cups vegetable broth
- 1 large carrot, diced
- 1 bunch asparagus, cut into 1-inch pieces
- 1 package (10-ounces) frozen peas
- 1 bunch scallions, diced

#### Instructions

1. If the split peas are dry, rinse and combine with 2 cups water in a small saucepan over medium-high heat. Cook until all of the liquid is absorbed, about 20 minutes.
2. Combine all ingredients except scallions in a saucepan over medium-high heat. Cover and cook for 20 minutes. Pour soup into four bowls and top with scallions before serving.

## Shopping List — Week 4

### PRODUCE

- ☐ 2 cups broccoli florets
- ☐ 2 avocados
- ☐ 1 bunch radishes
- ☐ 1 head radicchio
- ☐ 2 large carrots
- ☐ 1 bunch asparagus
- ☐ 1 bunch scallions

### MEAT AND DAIRY

- ☐ 4 eggs
- ☐ 1 tablespoon unsalted butter

### FROZEN AND REFRIGERATED

- ☐ 1 package (10-ounces) frozen peas

### PANTRY

- ☐ 3 cups dry green peas
- ☐ 4 cups vegetable broth
- ☐ 8 slices sourdough bread
- ☐ 1 container almond milk



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