

Mealtime Solutions

HELPFUL IDEAS FOR TAKING ON THE MEALTIME CHALLENGE.

Pulses: The Perfect Food

Cutting Corners

What is a Pulse?

Pulses are part of the legume family, but the term “pulse” refers only to the dried seed. Dried peas, edible beans, lentils and chickpeas (garbanzo beans) are the most common variety of pulses.

Canned pulses are nutritional powerhouses and are convenient to use. Here are some things you can do with canned pulses:

- Add a handful of black beans to your usual pizza toppings.
- Include 1 cup of chickpeas to any salad for a different twist.
- Add 1 cup of beans to 3 cups of rice.
- Mix ½ cup of black beans into 1 cup of your favorite salsa.

Q: How many chocolate bunnies are made for Easter each year?

A: 90 Million

Keep It Safe

Pulses, as well as other heat treated plant foods can allow rapid pathogen growth if left in the temperature danger zone (41° F - 135°F) too long. Never leave food out of refrigeration over 2 hours. If the temperature is above 90°F, food should not be left out more than 1 hour.

Family Connections

Healthy Families: Getting Kids to Try New Foods

- Set an example. If you have preconceived notions about foods, and have never learned to prepare them, it's impossible for your children to develop a taste for it.
- Agree as a family to purchase and try one new food per week. Take turns choosing that food, finding recipes and sharing in the preparation.
- Kids might need to be exposed to a new food several times before they will accept it.
- New foods are best introduced as part of a familiar meal that includes established favorites. Encourage your children to taste, taking one or two bites, then respect their opinion.
- Try to keep mealtimes upbeat and stress-free. Shift the focus of the meal from the food to the family, and sharing a meal together.

Food on the Move

The following snack made from chickpeas is a source of Potassium and Fiber and an excellent source of Folate. It is an easy take- and- go snack.

Roasted Chickpea Snack

2 cans chickpeas (garbanzo beans), rinsed and drained
3 Tablespoons canola oil
½ cup preferred spices (Cajun, curry, garlic, etc.)

Preheat oven to 400° F. Combine all ingredients in a medium bowl and spread onto parchment paper or greased cookie sheet. Bake for 30 minutes. Stir. Bake another 20 minutes, stirring every 5 minutes. Let cool.

RECIPE FOR: Zesty Fiesta Pasta Salad

- 1 pound spiral or rotini pasta
- 1 packet taco seasoning mix
- 1 cup Italian dressing
- 1 ½ cups salsa
- 1 15-ounce can chickpeas (garbanzo beans) drained and rinsed
- 1 15-ounce can kidney beans, drained and rinsed
- 2 cups kernel corn
- 1 2 ¼ ounce can sliced black olives
- 1 cup cubed cheddar cheese
- 8 ounces dry salami slices, quartered (optional)

Cook pasta according to package instructions, drain. In a large bowl, combine taco seasoning mix with salad dressing. Add pasta and remaining ingredients and toss. Chill before serving.

RECIPE FOR: Black Bean Pico de Gallo

Delicious with chips, this dip also makes a colorful topping for chicken or beef.

- 1 can black beans, rinsed and drained
- 8 Roma tomatoes, diced
- 2 cloves garlic, minced
- ¼ cup fresh lime juice
- 1 cup diced red onion
- ¼ cup chopped fresh cilantro
- 2 jalapeno peppers, seeded and finely chopped

Combine all ingredients and chill. Serve with chips.



ASK AN AGENT

This E-Newsletter is brought to you by the MSU Extension Service in Custer, Fergus, Richland, Roosevelt & Sheridan Counties.

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What Can I Do Today?

Learn more about using pulses when preparing meals for your family. Visit one of the following websites for nutrition information and information and recipes for cooking pulses:

US Dry Pea & Lentil Association:

www.pea-lentil.com/recipes

Saskatchewan Pulse Growers:

www.saskpulse.com