

# SIMILAR INGREDIENTS, MULTIPLE MEALS

*Shop once, eat twice: Successful tips for busy families.*



BEANS AND LENTILS CAN HELP MAKE PROTEIN FOODS STRETCH FARTHER. CHECK OUT PAGE 4 TO READ ABOUT PULSES, WHAT THEY ARE AND THE NUTRIENTS THEY CAN OFFER!

## Red Lentil Sauce

### Ingredients:

**Pasta of choice**

**(amount of sauce will depend on the size of your family)**

**1-2 Tbsp. olive oil**

**1/3 cup dry red lentils  
(about 1 cup cooked)**

**8 oz. mushrooms, sliced & drained if using canned**

**Note: other vegetables of choice can be used or none at all**

**1-2 Tbsp. avocado oil**

**Tomato pasta sauce of choice  
Parmesan cheese (optional)**

Directions:

1. Cook pasta according to package directions and strain. Add pasta back to pot and pour in olive oil.
2. Boil red lentils until soft, about 15 minutes, and strain.
3. If using fresh mushrooms or other vegetables- in a medium pan, sauté in avocado oil until slightly browned.
4. Add lentils and pasta sauce to pan with mushrooms.
5. Pour sauce over noodles and top with cheese as desired.

Note: The color of lentils matters! Each have varying flavors and textures.

# Eat what's in season... *Cherries*

There are two main types of cherries: sweet and tart. Sweet cherries are usually eaten raw but can also be cooked. Tart cherries are almost always eaten after cooking due to their sour, puckering quality. Sweet cherries are usually darker red or yellow and larger than sour cherries. Sweet cherries usually end up in fresh produce aisles while tart cherries are more often processed and available frozen, canned, dried, and as juice.

Cherries can make a great colorful and flavorful impact to your food dishes. Incorporate them into smoothies, sauces, dressings, muffins, breads, and use them to top salads, oatmeal, and other whole grain dishes. Cherry season is relatively short but these fruits do freeze well. Preserve them in season and enjoy them at any time. Pit and freeze cherries to use throughout the year in desserts, stews, or other savory dishes!

### **Selection & Storage:**

Look for plump, firm, bright, shiny cherries when selecting fruit. Avoid cherries that are over-mature, soft, dull, leaking, or shriveled. Cherries are very perishable and should be stored in the refrigerator right away. They should be washed in cold water just before eating or using. Store the fruit in the refrigerator without washing to preserve their freshness and quality. Cherries can be eaten right off the stem but be sure to remove the pits before you bite into each one!



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## Black Bean Quinoa Salad

### **Ingredients:**

**2 cups cooked quinoa**  
**(about ½ cup dry quinoa)**  
**2 Tbsp. olive oil**  
**1 Tbsp. lime juice**  
**¼ tsp. cumin**  
**3 Tbsp. cilantro, chopped**  
**1 small red onion, finely diced**  
**1 can black beans, rinsed and drained**  
**2 Roma tomatoes, chopped**  
**1 large red bell pepper, chopped**  
**1 green bell pepper, chopped**  
**Salt and pepper to taste**  
**Feta cheese to top**

### **Directions:**

1. Combine olive oil, lime juice, cumin, cilantro and red onions into a small bowl.
2. In a large bowl, mix quinoa, black beans, tomato, and bell peppers together.
3. Add dressing and mix dressing and ingredients in larger bowl well.
4. Add feta, salt and pepper as desired, to taste.
5. Note: Salad can be served cold or warm. Feel free to use other vegetables available in place of, or in addition to those in this recipe (cucumber, corn, celery, carrots, etc.).

# Side Dish Spotlight

Below are additional recipes using pulses and cherries.

## Tacos with Beans

### Ingredients:

- 1 lb. ground meat, your choice
- 1-2 cans beans, rinsed and drained  
(*kidney, pinto, black, etc.*)
- 2 Tbsp. chili powder
- 1-2 Tbsp. cumin powder
- 1-2 cups additional vegetables, chopped  
(*bell pepper, onion, squash*)

Cook ground meat until browned in a large pan over medium heat. Drain grease as needed for ground meat of your choice. Add additional vegetables if planning to use and cook. Add beans, chili powder and cumin. Add water to cover ingredients and bring to a boil. Allow to boil uncovered until water boils into a thick, well combined mixture.

Serve with tortillas or rice and with more vegetables like lettuce and tomatoes!

## Cherry Salsa

### Ingredients:

- 4 cups cherries, stemmed, pitted, and chopped
- ½ cup cilantro, chopped
- ¼ cup lemon juice
- 1 (14.5 oz.) can of fire roasted tomatoes
- 2 Tbsp. olive or avocado oil
- ½ small red onion, chopped
- 1 jalapeno pepper, seeds removed and chopped
- 1 clove garlic, chopped

Combine cherries, cilantro, lemon juice, and tomatoes in large bowl. Over medium heat, warm oil and sauté onion, jalapeno, and garlic until soften and lightly browning. Add to cherry mix and stir until evenly combined.

## Chocolate Banana Muffins with Lentils

### Ingredients:

- 2/3 cups rolled oats
- 2/3 cups whole wheat flour
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 1/3 cup chocolate chips

### Liquid Ingredients:

- 1 cup cooked green lentils  
(1/3 cup dry)
- 1/4 cup oil
- 2 ripe bananas, mashed
- 1/4 cup sugar
- 1 tsp. vanilla
- 1 egg

Preheat oven to 375°F and cook lentils following package instructions if not already cooked. Grease or line muffin tin using muffin papers. Mix oats, flour, baking soda, cinnamon and chocolate chips. Optional: mix in a food processor until smooth. Put in mixing bowl.

Puree lentils and oil using food processor/blender until smooth. Add bananas, sugar, vanilla, and egg to food processor/blender and process until smooth.

Pour liquid mixture into dry mixture and stir until ingredients are just incorporated. Scoop muffin batter evenly into each muffin cup. Bake for 18-20 minutes until baked through.

Note: Lentils can be made in advance and frozen until needed. Be sure to take them out to thaw in the refrigerator prior to use.

# Cooking with Pulses vs. Legumes

Pulses are part of the Legume family. Legumes include any plant that grow in pods but pulses are only the dry, edible seed within the pod. Beans, lentils, chickpeas (garbanzo beans), and split peas are the most common types of pulses. Pulses can be purchased already prepared (canned), frozen, or dry. Dry pulses typically share grocery aisles with rice. Lentils and split peas tend to be less common ingredients in most households but can be a nutritious alternatives to keep in the pantry.

These foods are good sources of plant protein. A half cup of cooked lentils provides about 10 grams of protein. This is more than twice as much protein than in the same amount of quinoa, a type of grain. In comparison, meat provides 7 grams of protein in every ounce. An ounce of meat is about the size of 3 dice. Pulses are high in fiber and contain folate. Folate is a nutrient that is needed by all for developing DNA, new tissue and cell growth, red blood cells, and cell repair.

Pulses can be used on their own as a side or incorporated into soups or meat dishes as an inexpensive food to help stretch your protein. Let's use the example of only having 1, 1 pound package of ground beef in the freezer. Cut the pound in half. Mix in cooked green lentils with a ½ pound of ground beef, add your spices and use mixture for tacos. You could also make a similar mixture with the other half of ground beef but instead grill or bake into burgers.

Don't let the idea of cooking dried pulses intimidate you. Preparation of these foods is only a 2-3 step process but can take hours. Plan ahead or prepare on a non-work day so that they are easier to add into a recipe during your busy week. Beans and chickpeas need to soak 8 hours overnight or can complete a quick soak in boiling water, then let stand for an hour. Soaked beans and chickpeas will then need to be brought to a boil and left to simmer for 1-2 hours. Lentils and dried peas do not need to soak prior to prep. Simply rinse them, bring them to a boil, and let simmer 10- 30 minutes until tender.

Last tip - ¼ cup of dried pulses = ½ cup cooked!

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## Nutrient Profile: Selenium

Selenium is a trace mineral, meaning its needed in our bodies in very small amounts.

Selenium makes up special proteins in our bodies called selenoproteins. These proteins help to make DNA, protect cells from damage and infections, are involved in thyroid hormone function. The thyroid gland holds the highest amount of selenium due to its assistance with thyroid function.



**Food Sources: brazil nuts, shellfish, beef, turkey, chicken, whole-wheat bread, fortified cereals, beans, lentils**

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