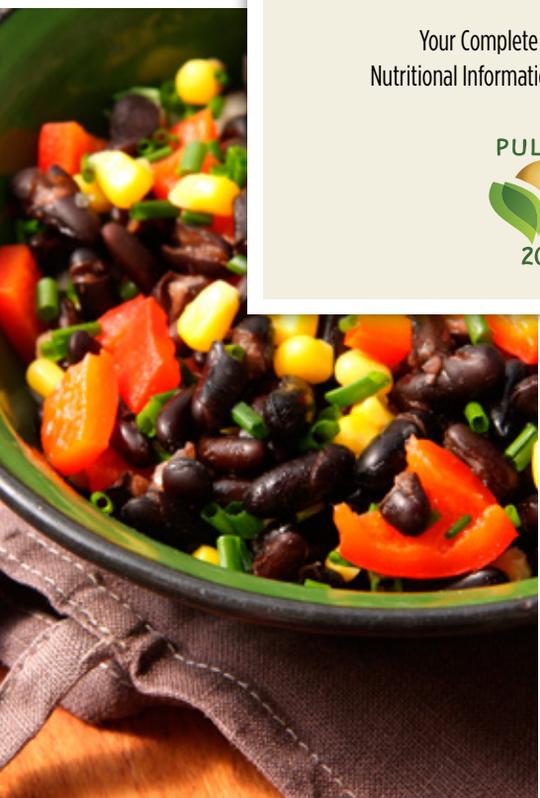




SOURCE OF INSPIRATION

DISCOVER **PULSES** WITH BONDUELLE

Your Complete Guide to Pulses:
Nutritional Information, Recipes, and More!





2016: THE YEAR



OF PULSES

LEARN ABOUT ONE OF THE WORLD'S MOST IMPORTANT AND NUTRITIONAL FOODS

WHAT ARE PULSES?

Every year, the United Nations General Assembly dedicates an entire calendar year to bring awareness to particular topics or themes; 2016 was declared the International Year of Pulses (IYP 2016).

The Food and Agriculture Organization of the United Nations (FAO) has been nominated to oversee the implementation of this International Year.

According to FAO, the specific objectives of the IYP 2016 are to:

- Raise awareness about the important role of pulses in sustainable food production and healthy diets and their contribution to food security and nutrition;
- Promote the value and utilization of pulses throughout the food system, their benefits for soil fertility and climate change and for combating malnutrition;
- Encourage connections throughout the food chain to further global production of pulses, foster enhanced research, better utilize crop rotations and address the challenges in the trade of pulses.

Source: The Food and Agriculture Organization of the United Nations, www.fao.org/pulses-2016/en/



A nutrient-dense superfood



Pulses are the dried edible seeds of plants in the legume family. Also known as grain legumes, the most common varieties of pulses are dried beans, dried peas, chickpeas, and lentils.

WHY YOU SHOULD EAT PULSES



- Pulses are packed with nutrients
- Pulses contribute to food security
- Pulses have countless health benefits
- Pulses are sustainable and positively affect the environment
- Pulses promote biodiversity



THE IMPORTANCE

OF PULSES

Food Security, Nutrition, and Sustainability

Food Security, Nutrition, and Sustainability

FOR YOUR HEALTH

Pulses offer a wide range of health benefits. They are:

- High in dietary fibre
- A low-fat source of protein, comprised of 23% protein and only 1% fat
- Packed with essential vitamins and minerals, such as iron, potassium, magnesium, and zinc

Pulses support a healthy diet and may:

- Help prevent some types of cancer
- Lower blood cholesterol rates
- Have a beneficial effect on those with diabetes
- Promote heart health
- Help regulate blood pressure, because they're rich in potassium
- Reduce the risk of cardiovascular disease

FOR FOOD SECURITY

Pulses are an affordable and accessible source of protein, which are easy to store.

Pulses can play a significant role in:

- Improving global nutrition
- Fighting hunger
- Combating chronic health conditions, such as obesity and diabetes.



FOR SUSTAINABLE DEVELOPMENT

Pulses have a positive impact on the environment.

- Pulses need very little nitrogen fertilizer to grow, therefore growing them is very ecological.
- Their carbon footprint is virtually non-existent.

Pulses enrich the soil where they are grown.

- Pulses are a crucial component of crop rotations.
- Pulses leave the soil where they are grown richer for future planting.

Pulses are a water-efficient source of protein.

- Growing pulses requires very little water; it takes six times less water to grow a ton of legumes than a ton of beef.



DID YOU KNOW?

According to Pulse Canada, Canada is the world's largest producer of peas and lentils, shipping pulses to over 150 countries around the world.

GET TO KNOW

PULSES



BLACK BEANS

DESCRIPTION

Tender, with a lingering hint of mushroom.

DELICIOUS IN

Soups, rice, salads, and salsas. Black beans are originally from South America, and are often found in Mexican, Caribbean, and Latin American recipes.



LENTILS

DESCRIPTION

Brown when cooked, Eston lentils are smaller and rounder than the *Laird* variety and firm-textured, with a slightly peppery taste.

DELICIOUS IN

Italian recipes, especially soups and pastas. They also work well in salads and rice dishes.



NAVY BEANS

DESCRIPTION

Small, oval-shaped white beans with a delicate taste and light texture.

DELICIOUS IN

Soups, chowders, salads, and purées. The legume of choice for classic baked beans.



PINK BEANS

DESCRIPTION

Oval-shaped, pink beans have a delicate flavour and a powdery texture. Pink beans are similar in taste and texture to red kidney beans.

DELICIOUS IN

Soups, chowders, salads, and purées.



FAVA BEANS

DESCRIPTION

With a creamy consistency and nutty flavor, fava beans have a slightly tart taste and grainy texture.

DELICIOUS IN

Middle Eastern cuisine, where they are frequently served as side dishes. Fava beans are also popular in Italy, Greece, and other Mediterranean cuisines. They're a perfect counterpart to highly spicy ingredients.



DARK RED KIDNEY BEANS

DESCRIPTION

Mild-tasting and soft-textured.

DELICIOUS IN

The bean is par excellence for Mexican food, chili, and Creole dishes. Often used with rice and in salads. Rice and beans is a staple throughout South America.



CHICKPEAS

DESCRIPTION

A nutty after-taste, with a firm, dry texture.

DELICIOUS IN

Soups, salads, rice, couscous, and Mexican dishes. Chickpeas provide the foundation for many Middle Eastern recipes, including hummus (puréed chickpeas) and falafel (deep-fried, seasoned chickpea balls served in pita bread).



ROMANO BEANS

DESCRIPTION

Smaller and rounder than their red cousins, Romano beans resemble kidney beans in terms of taste and other characteristics. They readily take on the flavour of the ingredients with which they're cooked.

DELICIOUS IN

Soups, pastas, rice, salads, and slow-cooked dishes. Romano beans are widely used in Italian cooking.



BLACK BEAN AND CORN SALSA

Portions: 25
 Preparation time: 10 minutes
 Cooking time: 0 minutes

INGREDIENTS

- 540 ml Bonduelle Black Turtle Beans, drained and rinsed
- 300 ml Bonduelle Whole Kernel Vacuum Packed Corn
- 12 green onions, chopped
- 4 medium tomatoes, seeded and finely chopped
- 2 green peppers, finely chopped
- Salad dressing of your choice

PREPARATION

- Put all ingredients in a bowl. Add enough salad dressing to cover well.
- Cover and refrigerate for at least two hours.
- Correct seasoning. Serve as a side dish or appetizer on a bed of lettuce.
- Serve with corn chips if desired.

Perfect complement for cheese nachos.

Nutrition Facts		Valeur nutritive	
Per 1 serving (140 g)		Pour 1 portion (140 g)	
Amount	% Daily Value	Teneur	% valeur quotidienne
Calories / Calories 230			
Fat / Lipides 12 g	18 %		
Saturated / saturés 1.5 g	8 %		
+ Trans / trans 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium / Sodium 290 mg	12 %		
Carbohydrate / Glucides 25 g	8 %		
Fibre / Fibres 6 g	24 %		
Sugars / Sucres 2 g			
Protein / Protéines 7 g			
Vitamin A / Vitamine A	4 %		
Vitamin C / Vitamine C	35 %		
Calcium / Calcium	4 %		
Iron / Fer	20 %		



ORANGE AND BASIL BEAN SALAD

Portions: 25
 Preparation time: 20 minutes
 Cooking time: 2 minutes

INGREDIENTS

- 2 kg Bonduelle 7-Bean Salad
 - 250 ml olive oil*
 - 250 ml red onions, diced
 - 250 ml Italian tomatoes, diced and seeded
 - 180 ml orange juice
 - 30 ml white wine vinegar
 - 80 ml brown sugar
 - 80 ml fresh basil, chopped
 - To taste salt and pepper
- *Olive oil can be replaced with canola oil

PREPARATION

- Cook the 7-bean salad according to the cooking instructions on the package. Drain and rinse under cold water.
- In a bowl, combine the 7-bean salad with the red onions, Italian tomatoes, olive oil, orange juice, white wine vinegar, brown sugar, salt, and pepper. Mix well.
- Refrigerate.
- When ready to serve, add the fresh basil.

Nutrition Facts		Valeur nutritive	
Per 1 serving (100 g)		Pour 1 portion (100 g)	
Amount	% Daily Value	Teneur	% valeur quotidienne
Calories / Calories 180			
Fat / Lipides 9 g	14 %		
Saturated / saturés 1 g	5 %		
+ Trans / trans 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium / Sodium 135 mg	6 %		
Carbohydrate / Glucides 19 g	6 %		
Fibre / Fibres 6 g	24 %		
Sugars / Sucres 4 g			
Protein / Protéines 6 g			
Vitamin A / Vitamine A	0 %		
Vitamin C / Vitamine C	6 %		
Calcium / Calcium	4 %		
Iron / Fer	0 %		



ITALIAN CHICKPEA SALAD

Portions: 25
 Preparation time: 10 minutes
 Cooking time: 0 minutes



DARK RED KIDNEY BEAN BROWNIES

Portions: 25
 Preparation time: 15 minutes
 Cooking time: 30 minutes

INGREDIENTS

- 2.84 L Bonduelle Chickpeas, drained and rinsed
- 12 green onions, finely chopped
- 25 cherry tomatoes, quartered
- 1 medium red onion, chopped
- 375 ml black olives, pitted
- 60 ml capers, drained
- 65 ml parsley, chopped
- 65 ml fresh mint, finely chopped

DRESSING

- 375 ml olive oil
- 225 ml wine vinegar
- 2 ml salt
- 1 ml pepper

PREPARATION

- In a salad bowl, toss all salad ingredients together.
- In another bowl, mix oil and vinegar. Add salt and pepper.
- Pour salad dressing onto salad. Toss well.
- Refrigerate for 30 minutes
- Serve.

Nutrition Facts Valeur nutritive		
Per 1 serving (165 g) Pour 1 portion (165 g)		
Amount Teneur		% Daily Value % valeur quotidienne
Calories / Calories 280		
Fat / Lipides 17 g		26 %
Saturated / saturés 2 g + Trans / trans 0 g		
		10 %
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 350 mg		15 %
Carbohydrate / Glucides 26 g		9 %
Fibre / Fibres 5 g		
		20 %
Sugars / Sucres 6 g		
Protein / Protéines 8 g		
Vitamin A / Vitamine A 6 %		
Vitamin C / Vitamine C 15 %		
Calcium / Calcium 6 %		
Iron / Fer 20 %		

INGREDIENTS

- 300 ml Bonduelle Dark Red Kidney Beans
- 250 ml all-purpose flour
- 500 ml dark chocolate
- 125 ml butter
- 400 ml sugar
- 8 eggs
- 1.2 ml salt
- 125 ml pine nuts

PREPARATION

- In a large bowl, mix together flour, sugar, and salt.
- Drain and rinse beans, then purée.
- Melt chocolate with butter in a bain marie.
- Add sugar and flour. Mix well.
- Add pine nuts.
- Pour the mixture into a pre-buttered pan that will go into the oven.
- Smooth out the top of the brownie mixture.
- Bake in a 320°F (160°C) preheated oven for about 30 minutes.

Nutrition Facts Valeur nutritive		
Per 1 brownie (65 g) Pour 1 brownie (65 g)		
Amount Teneur		% Daily Value % valeur quotidienne
Calories / Calories 286		
Fat / Lipides 17 g		26 %
Saturated / saturés 9 g + Trans / trans 0.5 g		
		48 %
Cholesterol / Cholestérol 75 mg		
Sodium / Sodium 110 mg		5 %
Carbohydrate / Glucides 29 g		10 %
Fibre / Fibres 2 g		
		9 %
Sugars / Sucres 20 g		
Protein / Protéines 5 g		
Vitamin A / Vitamine A 9 %		
Vitamin C / Vitamine C 0 %		
Calcium / Calcium 2 %		
Iron / Fer 18 %		





AUTUMN LEEK AND BEAN SOUP

Portions: 75
 Preparation time: 25 minutes
 Cooking time: 35 minutes



FUSION SALAD WITH MISO GINGER DRESSING

Portions: 25
 Preparation time: 30 minutes
 Cooking time: 5 minutes

INGREDIENTS

PREPARATION

- 1 150 ml canola oil
- 70 ml garlic, chopped
- 400 g Arctic Gardens Diced Onions
- 1.6 kg Arctic Gardens Diced Leeks
- 2 600 ml chicken broth
- 10 L water
- 500 g pearl barley, rinsed in cold water
- 3 4.26 L Bonduelle 6 Bean Salad, drained and rinsed
- 5.68 L diced tomatoes
- 800 ml condensed tomato soup
- 15 ml dried basil
- 25 ml ground cumin
- 2 ml Tabasco sauce

- Heat oil and sauté first group of ingredients for 3 to 5 minutes.
- Add all ingredients from the second group and bring to a boil.
- Simmer for 15 to 20 minutes and add ingredients from the third group.
- Continue cooking for 5 to 10 minutes.
- Serve.

Nutrition Facts	
Valeur nutritive	
Per 1 serving (250 ml)	
Pour 1 portion (250 ml)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 180	
Fat / Lipides 4 g	6 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 310 mg	13 %
Carbohydrate / Glucides 31 g	10 %
Fibre / Fibres 6 g	24 %
Sugars / Sucres 2 g	
Protein / Protéines 10 g	
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	20 %
Calcium / Calcium	10 %
Iron / Fer	25 %

INGREDIENTS

PREPARATION

- 2 kg Bonduelle Fusion Blend
- 1 L cherry tomatoes, cut in half
- 1 L red peppers, diced
- 500 ml red onions, diced
- 230 ml fresh parsley, chopped
- 230 ml fresh cilantro, chopped

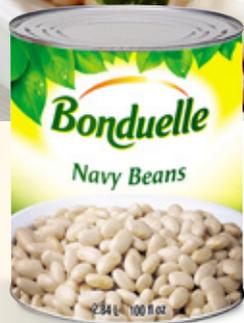
DRESSING

- 80 ml rice vinegar
- 125 ml olive oil
- 45 ml sesame oil
- 25 ml honey
- 25 ml Miso paste
- 25 ml soya sauce
- 60 ml ginger
- 30 ml fresh garlic

- Cook the Fusion Blend according to the cooking instructions on the package. Set aside.
- In a bowl, add the tomatoes, peppers, onions, parsley, and cilantro.
- Incorporate to the Fusion Blend.
- Using a food processor, mix all the dressing ingredients together until the texture is smooth and creamy.
- Pour the dressing over the vegetables and mix well.
- Serve immediately or keep refrigerated.

Nutrition Facts	
Valeur nutritive	
Per 1 serving (160 g)	
Pour 1 portion (160 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 160	
Fat / Lipides 7 g	11 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 100 mg	4 %
Carbohydrate / Glucides 21 g	7 %
Fibre / Fibres 4 g	9 %
Sugars / Sucres 5 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	100 %
Calcium / Calcium	2 %
Iron / Fer	10 %





NAVY BEAN AND SALT COD CASSEROLE



Portions: 15



Preparation time:
20 minutes



Cooking time:
45 minutes



LENTIL AND APPLE MUFFINS



Portions: 12



Preparation time:
15 minutes



Cooking time:
15 minutes

INGREDIENTS

- 2.84 L Bonduelle Navy Beans, drained
- 250 ml olive oil
- 45 ml garlic, minced
- 160 ml all-purpose flour
- 750 ml milk
- 750 ml 15% cream
- 2.5 ml ground black pepper
- 4 bay leaves
- 3 lb salt cod
- 125 ml parsley, freshly chopped
- 500 ml fresh bread, cubed
- 250 ml Swiss cheese, grated
- 15 ml lemon juice

PREPARATION

- Soak the salt cod in cold water for 2 days in the fridge, changing the water every day.
- In a pan, heat olive oil. Add garlic and cook on medium heat for 1 minute.
- Add flour, mix well, and cook for 3 minutes.
- Add milk and 15% cream, pepper, bay leaves and simmer for 10 minutes.
- Cut the desalted cod into 1/4 inch cubes and add to sauce.
- Simmer for 10 minutes.
- Add fresh parsley and lemon juice.
- Heat the oven to 400°F (200°C).
- In 15 individual ramekins, add navy beans (150 g), cod in sauce (150 g), bread cubes (20 g), and grated cheese (10 g).
- Cook in the oven for 15 minutes.

Nutrition Facts Valeur nutritive

Amount Teneur	% Daily Value % valeur quotidienne
Per 1 serving (330 g) Pour 1 portion (330 g)	
Calories / Calories 470	
Fat / Lipides 22 g	34 %
Saturated / saturés 8 g + Trans / trans 0 g	40 %
Cholesterol / Cholestérol 55 mg	
Sodium / Sodium 610 mg	25 %
Carbohydrate / Glucides 37 g	12 %
Fibre / Fibres 6 g	24 %
Sugars / Sucres 4 g	
Protein / Protéines 34 g	
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	20 %
Iron / Fer	140 %

INGREDIENTS

- 250 ml Bonduelle Lentils, drained and puréed
- 1 medium egg, beaten
- 125 ml canola oil
- 250 ml apple pie filling
- 190 ml whole wheat flour
- 190 ml all-purpose flour
- 80 ml brown sugar
- 10 ml baking powder
- 5 ml baking soda
- 5 ml ground cinnamon
- 1.2 ml ground nutmeg

PREPARATION

- Preheat oven to 400°F (200°C).
- Mix together egg, oil, lentil purée, and apple filling.
- Add the dry ingredients and stir to make a batter.
- Fill medium muffin tins 2/3 full.
- Bake for about 15 minutes or until muffins are golden and bounce back when lightly pressed with fingertips.

Nutrition Facts Valeur nutritive

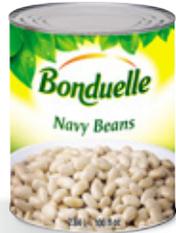
Amount Teneur	% Daily Value % valeur quotidienne
Per 1 muffin (75 g) Pour 1 muffin (75 g)	
Calories / Calories 210	
Fat / Lipides 10 g	15 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Cholesterol / Cholestérol 15 mg	
Sodium / Sodium 210 mg	9 %
Carbohydrate / Glucides 27 g	9 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 9 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	4 %
Iron / Fer	10 %





DISCOVER BONDUELLE'S PULSES SELECTION

CANNED



IN OUR FROZEN BLENDS

