

# Cook Beans



## 1. Soak your beans.

**Traditional soak:** Pour enough cool water over beans to cover completely. Soak for 8 hours or overnight. Drain soaking water and rinse beans with cool water.

**Quick Soak:** Place 1 cup of beans in a large pot with 3 cups of water. Bring to a boil for 3 minutes, remove from heat and let stand for 1 hour. Drain soaking water and rinse beans in cool water.

## 2. Combine soaked beans and water and bring to a boil. For every 1 cup of beans, use 2 cups of water.

## 3. Simmer on low for 45 minutes–2 hours.

**TIP:**  
¼ cup dry =  
½ cup cooked

# Chickpeas



## 1. Soak your chickpeas.

**Overnight soak:** Use three cups of cold water for each cup of chickpeas. Soak for 8–24 hours and drain.

**Quick Soak:** Use 3 cups of cold water for each 1 cup of chickpeas. Bring to a boil for 2 minutes, remove from heat, cover and let stand for one hour, drain.

## 2. Combine soaked chickpeas and water and bring to a boil. For every 1 cup of beans, use 3 cups of water.

## 3. Simmer on low for 1.5–2 hours.

**TIP:**  
¼ cup dry =  
½ cup cooked

# Split Peas



## 1. Rinse split peas in water—no need to soak!

## 2. Combine split peas and water. Bring to a boil. For every 1 cup of beans, use 2 cups of water.

## 3. Simmer on low for 30 minutes.

**TIP:**  
¼ cup dry =  
½ cup cooked

# Lentils



## 1. Rinse lentils in water—no need to soak!

## 2. Combine lentils and water. Bring to a boil. For every 1 cup of lentils, use 2.5 cups of water.

## 3. Simmer on low for 5–20 minutes.

**TIP:**  
¼ cup dry =  
½ cup cooked

# 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**

**REPLACE:** ½ OR ALL QUINOA

**WITH THIS:** COOKED GREEN LENTILS

**BENEFITS:** ✓ More FIBER ✓ More PROTEIN



**TACOS**

OR: replace ½ the meat in any recipe

**REPLACE:** ½ OR ALL SHREDDED PORK

**WITH THIS:** COOKED GREEN LENTILS

**BENEFITS:** ✓ Fewer CALORIES ✓ Less FAT ✓ More FIBER

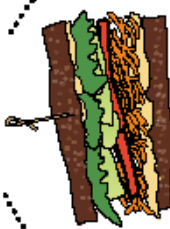


**SANDWICH SPREAD**

**REPLACE:** MAYONNAISE

**WITH THIS:** HUMMUS

**BENEFITS:** ✓ Less FAT ✓ More FIBER ✓ More PROTEIN




**LASAGNA**

**REPLACE:** ¼ OR ALL RICOTTA CHEESE

**WITH THIS:** PUREED WHITE BEANS

**BENEFITS:** ✓ Fewer CALORIES ✓ Less FAT ✓ More FIBER



**BURGERS**

**REPLACE:** ½ OR ALL GROUND BEEF

**WITH THIS:** MASHED PINTO BEANS

**BENEFITS:** ✓ Fewer CALORIES ✓ Less FAT ✓ Less SATURATED FAT ✓ More FIBER



**MAC N' CHEESE**

**REPLACE:** UP TO ¼ CHEESE SAUCE

**WITH THIS:** YELLOW SPLIT PEA PUREE

**BENEFITS:** ✓ Less FAT ✓ More FIBER



**BROWNIES**

**REPLACE:** 1 CUP FLOUR

**WITH THIS:** 1.15oz. CAN BLACK BEANS, PUREED

**BENEFITS:** ✓ More FIBER ✓ More PROTEIN



**CHOCOLATE CHIP COOKIES**

**REPLACE:** ½ OR ALL OIL

**WITH THIS:** RED LENTIL PUREE

**BENEFITS:** ✓ More FIBER ✓ More PROTEIN



Figures sourced from USDA Nutrient Database



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