

Pulses are as easy as 1,2,3

Pulses: Flavorful Pulse Side Dishes

All pulses — beans, chickpeas, dry peas, and lentils — are ideal for the center of the plate or as a supporting side dish. They stand out as grab-and-go options, salad bar toppings, and more. Pulses are one of the most versatile items in your kitchen and can be served crunchy or creamy, spicy or sweet, and as a vegetable or meat/meat alternate in the National School Lunch Program (NSLP). So, let's crunch, chill, or dip with pulses.

1,2,3 Crunch

Serve oven-roasted pulses as a crispy salad topping or as a crunchy snack.

1. **Start with rinsed, drained cooked pulses** like chickpeas or lentils which are perfect for oven roasting.
2. **Toss lightly with vegetable oil and seasonings.** Try various seasoning blends for either spicy, sweet, or savory flavors.
3. **Spread an even layer on a sheet tray and roast in an oven until crispy.** Smaller pulses, like lentils, will become crispy in 20 to 30 minutes. Roasted chickpeas will take 35 to 45 minutes to become crunchy.

Try these:

Chickpea Granola • Moroccan Crispy Roasted Chickpeas • Cinnamon Sugar Roasted Chickpeas



1,2,3 Chill

Pulses are delicious served chilled in a salad or on a salad bar.

Easy to prepare and easy to season, chilled pulse-based salads will enhance your salad bar offerings or make a tasty grab-and-go vegetable.

1. **Start with rinsed, drained cooked pulses**, like chickpeas, beans, or whole lentils.
2. **Add your choice of vegetables** to add color, texture, and crunch. Cut added vegetables into small dice sized pieces, similar to the size of the pulses. Try diced sweet red peppers, corn, tomatoes, peas, and green onions.
3. **Add salad dressings and seasonings.** Combine gently being careful not to mush the pulse. Hold cold until service. Chilled pulse dishes can be held for up to two to three days, depending on other vegetables added. Check with your health department guidelines.

Try these:

Marinated Black Bean Salad • Tuscan White Bean Salad • BBQ Three Bean Salad



1,2,3 Dip

Students love dips!









Pulse-based dips are tasty and full of important nutrients, like protein and fiber. Dips can be used in a grab-and-go box with vegetables or as a satisfying sandwich filling or spread.

1. **Start with cooked or canned pulses** and save the liquid from the #10 can to adjust the consistency of the dip or spread.
2. **Add seasonings, as desired.** Consider sriracha sauce, harissa paste, lemon juice, or Buffalo sauce.
3. **Puree in a food processor** until the dip is smooth to desired consistency.

Try these:

Harissa Red Lentil Hummus • Rockin' Ranch Hummus • Black Bean Dip



GRAB AND GO	 FRUIT	 VEGETABLE	 MEAT/ MEAT ALTERNATE	 WHOLE GRAIN
 Hummus Box	Strawberries	Carrots	Hummus and cheese stick	Flatbread triangles
 Power Box	Grapes	Broccoli	Hard cooked egg and crunchy chickpeas	Whole grain crackers
 Pumpkin Pie Parfait	Diced apples	Pumpkin	Yogurt and chickpea granola	
 Blazin' Buffalo Chickpea Salad	Orange	Lettuce and salad fixings	Buffalo glazed chickpeas	Whole grain breadsticks

Build a flavorful grab-and-go meal with pulses. Include three or four chilled meal components: fruit, vegetables, meat/meat alternate, and whole grain. This can be served in the classroom, at a lunch kiosk, or from a vending machine.

For more pulse-inspiration, including recipes, to help you serve more pulses in your programs visit us online at www.usapulses.org/schools and sign up for our school foodservice newsletter [here](#).