Meet Chel C Chickpea, Dan D Pea and Tase T Lentil. They would like you to join their adventure!

Super Foods Make Super Kids

Being Healthy is Fun!

Come with us to see how nutritious peas, lentils and chickpeas are!
**History of Pulses**

**One Pea at a Time**

Did you know that dry peas, lentils and chickpeas are called pulses? Pulse comes from the Latin word meaning “thick soup” and dates back to more than 20,000 years ago!

Wow! Can you tell me more?

Pulses have been found in the Egyptian pyramids which were built over 4,000 years ago!

That’s incredible. Is that why the health pyramid is the same shape as the 4000-year-old pyramids where they found the peas, lentils and chickpeas? Because they are so healthy and good for us.

The shape of the pyramid helps us remember the amounts we need from each food group.

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**Split Pea Summer Salad**

1/2 c. dry green split peas
1 1/2 c. water
16 oz. ham, cubed
2/3 c. Italian dressing (light)
8 oz. bowtie pasta
1 1/2 c. bell pepper, chopped
Salt and pepper to taste
Optional (sliced black olives)

In a medium saucepan, bring peas and water to a boil, reduce heat, cover and simmer until peas are just tender (about 20 minutes). Drain and transfer to a large bowl. Add dressing and set aside. Meanwhile, cook pasta until firm. Toss pasta, peas, pepper and ham. Add salt and pepper. Serve warm or chill and serve cold.

Makes 12 servings. Per serving: 150 calories, 4.5 g fat, 0.9 g saturated fat, 9 g protein, 19 g carbohydrate, 2 g fiber, 500 mg sodium, 1.2 mg iron and 54.7 mcg folate.

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**PULSE WORDS**

Unscramble the words below to form pulse words found in this book.

1. MERSARF
2. TISNUOUTIR
3. RADSPMIY
4. EAST T LNELIT
5. LHEC C PCKIHECA
6. TEHALYH
7. OOGD ORF OUY
8. AND D EAP
9. PERSU DOFOS
10. HELATYH DISK
Farmers grow peas and lentils, also called legumes, seeds that grow within pods. Legumes are plants that have a special bacteria living on their roots that help make nitrogen. Farmers like growing these special plants because nitrogen is a nutrient all plants need to grow, and legumes are the only plants that make their own nitrogen. People came to like peas, lentils and chickpeas because they are easy to store. Peas, lentils and chickpeas grow in pods and when it comes time to harvest, the vegetable inside the pod is dry and ready for storage, and will last for a very long time. That is why they are called “dry” edible peas, lentils and chickpeas.

If I tell you more, we’re not going to have time to play on this great playground — and we all know exercise is good for us — but okay, I will tell you more! In 1492, Columbus sailed the ocean blue in search for India. He and his crew were at sea for many months.

What kinds of foods do you think Columbus and his crew ate?

Mexican Tostadas

In a medium saucepan, bring lentils and water to boil, reduce heat, cover and simmer until lentils are tender. In a frying pan, cook chicken until it reaches an internal temperature of 165 degrees F. Heat oil in a separate pan and sauté onion and garlic in oil, stirring constantly. Reduce heat and add salsa, lentils, black beans and seasonings. Shred or cube chicken and add to the salsa mixture. Continue cooking until heated through. Portion onto tostadas and top with peppers and your other favorite toppings.

Makes eight servings. Per serving (one tostada, without optional toppings): 220 calories, 8 g fat, 1.4 g saturated fat, 15 g protein, 21 g carbohydrate, 3 g fiber, 820 mg sodium, 1.8 mg iron and 19.6 mcg folate.
Yes, but mostly peas, lentils and chickpeas, because they are easy to store, and most importantly, they are nutritious. Pulses are being recognized for their role in promoting good health because they are packed full of protein, fiber and many nutrients. Researchers say that eating veggies every day, especially peas, lentils and chickpeas, may reduce the risk of heart disease, diabetes and certain types of cancer.

Good for you! Even though peas, lentils and chickpeas are vegetables, they have so much protein that they also rank in the meat group! Your skin, bones, and muscles need protein to grow and stay healthy.

In a 1-quart saucepan, combine lentils with water and bring to a boil; reduce heat, cover and simmer gently until lentils are just tender, about 25 minutes. Drain lentils and set aside. Preheat broiler and place pitas on a nonstick baking sheet; broil for 3 minutes. Heat a nonstick skillet over medium heat; coat with cooking spray. Add zucchini, onion, red bell pepper and salt. Sauté mixture for 3 minutes or until vegetables are crisp-tender. Stir in lentils. Remove pitas from the oven, then spread 2 tablespoons of spreadable cheese on each pita. Top evenly with vegetables and cheese. Broil 3 minutes or until edges are brown and cheese is melted.

Lentil Mini Pizzas

1/3 c. dry lentils, rinsed
1 1/3 c. water
4 (6-inch) whole-wheat pitas
1 medium zucchini, thinly sliced
1/4 c. red onion, thinly sliced into rings
1/2 c. red bell pepper, chopped
1/4 tsp. black pepper
1/8 tsp. salt
1/2 c. garlic-and-herbs spreadable cheese
6 Tbsp. shredded Asiago cheese (or cheese of choice)

In a 1-quart saucepan, combine lentils with water and bring to a boil; reduce heat, cover and simmer gently until lentils are just tender, about 25 minutes. Drain lentils and set aside. Preheat broiler and place pitas on a nonstick baking sheet; broil for 3 minutes. Heat a nonstick skillet over medium heat; coat with cooking spray. Add zucchini, onion, red bell pepper and salt. Sauté mixture for 3 minutes or until vegetables are crisp-tender. Stir in lentils. Remove pitas from the oven, then spread 2 tablespoons of spreadable cheese on each pita. Top evenly with vegetables and cheese. Broil 3 minutes or until edges are brown and cheese is melted.

Makes four servings. Per serving: 340 calories, 13 g fat, 7.2 g saturated fat, 13 g protein, 45 g carbohydrate, 7 g fiber, 710 mg sodium, 2.8 mg iron and 80 mcg folate.
Some things you might need to make a cake...

chocolate chips
chickpeas
eggs
sugar
baking powder

Chickpea Chocolate Cake

Preheat oven to 350 degrees F. Grease a 9-inch round cake pan. Melt chocolate chips in a microwave-safe bowl, stirring occasionally until chocolate is smooth. Combine chickpeas and eggs in a food processor or blender and process until smooth. Add sugar and baking powder; blend. Pour in melted chocolate, then blend until smooth. Transfer batter to prepared cake pan. Bake for 40 minutes or until toothpick inserted in center of cake comes out clean. Cool on wire rack.

Makes nine servings. Per serving (without frosting): 320 calories, 13 g fat, 7.4 g saturated fat, 7 g protein, 47 g carbohydrate, 3 g fiber, 190 mg sodium, 0.8 mg iron and 10.4 mcg folate.

1 1/2 c. semi-sweet chocolate chips*
1 (15-oz.) can chickpeas, rinsed and drained
4 eggs
3/4 c. white sugar
1/2 tsp. baking powder*

Optional toppings: powdered sugar, frosting or fresh berries

*For a gluten-free cake, check the packaging of these items for gluten-free labeling.
**We Are #1** - Did you know Montana and North Dakota farmers are the top producers of peas and lentils in the United States. They grow over 80% of all pulse crops grown in the entire U.S.! That would make a lot of soup!

**World Travelers** — They travel the world, pea by pea – lentil by lentil. Did you know: India and China are major importers of Montana and North Dakota peas, whereas India and Spain are major importers of Montana and North Dakota lentils.
1. Peas, lentils and chickpeas are called _______________.

2. _______________ _______________ and __________________ farmers are the top _______________ of peas and lentils in the United States.

3. All plants need ____________________________ to grow.

4. _______________ come in green and yellow varieties.

5. ________________ represents producers of peas, lentils and chickpeas.

6. Feeding pea rations to _________________________ improves the meat’s tenderness.

7. The NPGA’s motto is “_________________ __________ __________ __________________.”

8. The healthy snack dip, hummus, is made from _______________.

9. Pulses are very nutritious, they have lots of _______________ and ________________.

10. _______________ and chickpeas grow inside _______________ and are part of the _______________ family.

11. Pulses make healthy _______________ and are ____________________________.

12. If _______________ were to quit farming, where would we get our food?
Remember to build healthy bodies one pea at a time. Good-bye everyone — we were peas-ed to meet you!

I’m hungry, I’m going to go home and have a warm bowl of split pea soup.

That’s a good idea, I’m going to have some hummus.

Wait for me guys, can I eat at your house?

The NPGA would like to thank the USADPLC for the use of Dan D Pea and Chel C Chickpea characters and the Pullman Chamber of Commerce for the use of Tase T Lentil character.