



Did you know...

What are Pulses?

Pulses are the dried edible seeds of plants in the legume family. Also known as grain legumes, common types of pulses include:

- Black Beans
- Chickpeas
- Dark Red Kidney Beans
- Lentils
- Navy Beans

Pulses can be consumed in a variety of ways. They can be eaten on their own or added to soups, salads or rice dishes. Try using lentils as a meat alternative in pastas, or create a navy bean or pink bean based puree. The possibilities are endless with these versatile superfoods.

Why are Pulses so important?

Pulses contribute to health, food security and sustainability worldwide. These nutrient-dense superfoods contain high dietary fiber, low fat and plenty of protein (23% protein; 1% fat). In addition, pulses host a mosaic of vitamins and minerals, such as iron, potassium, magnesium, and zinc and may support the following health benefits:

- Promoting good heart health and regular blood pressure
- Reducing the risk of some types of cancers
- Lowering blood cholesterol levels
- Assisting in the management of diabetes

Along with their nutritional benefits, pulses are an accessible, affordable and easy to store source of protein. Pulses contribute to food security and fighting hunger across the globe. These meat alternatives also have a positive impact on the environment due to having a very low carbon footprint. They require very little water to grow and actually enrich the quality of the soil they are grown in.

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

If you require further information please contact your Sysco Vancouver Account Executive;
Karla Dickie—dickie.karla@van.sysco.ca
Jason Shail—shail.jason@van.sysco.ca

BLACK BEAN BROWNIES

Serving Size: 2 x 2"

YIELD: 25



Ingredients

250ml Beans Black Cnd (Rinsed & Drained)

2each Egg, Medium

2ml Sugar, Granulated

60ml Oil, Canola

60ml Applesauce, Unsweetened

60ml Cocoa Powder, Unsweet

180ml Flour, All Purpose

60ml Crumbs, Graham Crackers

1tsp Vanilla

Preparation

- 1) Grind Black Beans in a food processor
- 2) In a separate bowl, combine Cocoa, Flour and Graham Crackers. Set aside
- 3) Beat eggs with sugar. Add beans, oil, vanilla and applesauce. Gradually add in dry ingredients
- 4) Pour mixture in greased baking pan. Bake at 350F for 40 minutes.