



Pulses

Pulses (beans, peas and lentils) are types of plant proteins and for thousands of years they were the primary source of protein in human diets and meat, fish, and eggs were eaten occasionally. In the last century this trend has reversed, and very few pulses are now consumed in the UK.

Pulses are rich in beneficial fibre and protein, essential for a healthy gut. Pulses which are minimally processed are wrapped in a fibre shell they are digested slowly, providing a slow release of energy. They also contain essential nutrients like iron, zinc, folate, magnesium, and protective phytonutrients. Examples of pulses include:

Beans



kidney beans



butter beans



chickpeas



runner beans



broad beans



edamame beans



cannellini beans

Peas



garden peas



split peas



black eyed peas



marrowfat peas



yellow peas



sugarsnap peas



carlin peas

Lentils



red lentils



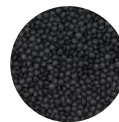
yellow lentils



French (Puy) lentils



brown lentils



beluga lentils

Money saving meat swap



Make meals more budget-friendly and nutritious by adding lentils to meat dishes. Lentils don't require any soaking and they are a low cost source of protein. Adding lentils to meals boosts the nutritional value and makes your meal go further. Don't forget to add healthier fats and herbs and spices for extra flavour. Consider batch cooking and refrigerating or freezing any leftovers to save time later on.

Pulses are available dried, tinned, jarred or frozen and in some cases fresh. They are also very low cost. Choose a variety which works for you.



Tips for including more pulses

Tinned and frozen pulses are readily available from supermarkets and food stores. They are already cooked so can be eaten cold or simply reheated.



Increase your intake gradually to help minimise gut symptoms. Lentils or split peas are good starting pulses as they are usually a little easier to digest.



Dried lentils are very cheap and do not require any soaking before cooking. Most lentils take only 15-20 minutes to cook.



Red, yellow and green lentils are softer when cooked and good for meals like casseroles, Dhal, curries, stews and soups.



French (Puy) or green speckled lentils and black (Beluga) lentils retain their shape and firmness and are ideal for salads.



Chickpeas go well with spinach and kale and are great in curries with a tomato and/or a coconut milk base.



Broad beans, garden peas, marrow fat peas, chickpeas or lentils can be mashed with garlic, seed oil or olive oil, lemon juice and tahini to make a less processed dip or hummus.



Remember to add healthier fats, herbs and spices for flavour.



Did you know?

Pulses contain pre-biotics. These are non-digestible carbohydrates which friendly strains of gut bacteria use as a 'fuel' source to make important chemicals for good health. Whole grains, vegetables, whole fruit and nuts and seeds contain them too.



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