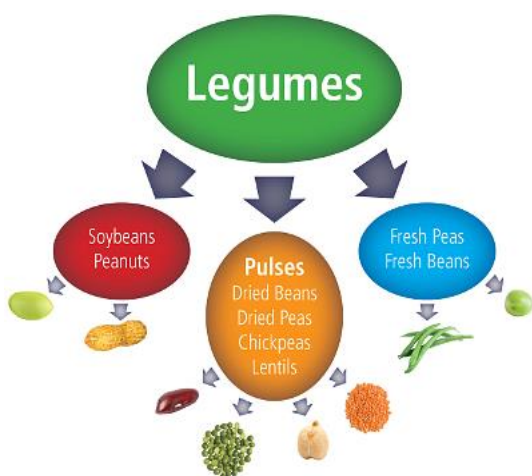


This Facilitator Note will help guide Week #2 of the community kitchen series. Use in combination with the Participant Package.



## Suggested Schedule

### 1. Introduction

- Introduce yourself and today's topic
- Go over **Intended Learning Objectives**
- Hand out **Participant Package** which includes recipes, take home messages, useful resources and a **Daily Feedback Form**

### 2. Knowledge Module

- Go through each of the **Key Messages**
- Incorporate some of the **FAQs** if time allows

### 3. Kitchen Module

- Prepare the recipes
- Sit down with participants once recipes are completed to enjoy the food together
- Reinforce key messages about the topic while participants are preparing the food or when they are eating

### 4. Clean Up and Evaluation

- Clean-up the kitchen and have the participants complete the **Daily Feedback Form**



### Learning Objectives

- Introduce participants to different type of legumes commonly found on food bank shelves
- Learn and understand the health benefits of legumes
- Learn how to use legumes many different ways
- Apply health benefits and preparation skills to make a balanced meal using legumes

## 1. Introduction

### What are legumes?

Legumes are plants that have pods with seeds inside. They include soybeans, peanuts, fresh peas and beans and pulses (dried beans, peas and lentils). Pulses are nutritious, inexpensive, colourful, versatile and easy to use. Canada's Food Guide recommends including legumes in your diet as often as you can.

## 2. Knowledge Module

**Key Message #1: Legumes are a healthy alternative to meats!**



Legumes are an excellent replacement for meats. They are high in protein, fibre, and iron and low in fat. Each of these nutrients are part of a healthy diet. Here is a highlight each of these nutrient:

### *Protein:*

Legumes are an excellent source of protein. They are a great alternative to meats and fish if you're looking for something different or if you are vegetarian.

### *Fibre:*

Fibre is the part of plants that we cannot digest. Fibre can lower your cholesterol, keep your bowels regular and help control blood sugars.

### *Iron:*

Your body needs iron to make blood in your body. There are 2 types of iron. The type of iron in legumes (beans, lentils, peas) is not absorbed as easily by your body as the iron in meats. Eating legumes with foods that have vitamin C (like peppers, tomatoes and citrus) makes it easier for your body to absorb the iron found in legumes.

**Key Message #2: Legumes are inexpensive**

Beans, peas and lentils cost about 50 cents per serving ( $\frac{3}{4}$  cup cooked) - that's about half the price as a serving of meat (2.5oz)!

**Key Message #3: Legumes  
are colourful and versatile**



There are more than 20 different types of legumes.  
They vary in size, shape, colour and taste.  
Here is a list of common legumes:

- Chickpeas (Garbanzo beans)
  - Round beige beans that have a creamy texture
  - Use them in dips (like hummus), add it to soups, salads and pasta dishes!
- Black beans
  - Oval shaped beans that are black on the outside and white on the inside
  - Use them in soups, salads, and rice!
- Red kidney beans
  - Shaped like kidneys and are dark red inside and out. They have a soft texture
  - Use them in soups, chilis, salads, and rice!
- Lentils
  - Lentils are small, thin, disk-shaped seeds
  - They can be green, brown, red, orange and yellow
  - Try them in soups, curry dishes, salads and dips!
- Split peas
  - Split peas are small circle-shaped peas that have been split in half.
  - They can be green, yellow or orange
  - They get very soft when you cook them, so they are great for soups, stews and curry dishes!

**Key Message #4: Legumes  
are easy to use**

Beans, peas, and lentils can be found canned or dried. See the FAQ section for more details on how to prepare them!



## Frequently Asked Questions

### How do I prepare *canned* beans, peas and lentils?

- Drain the liquid and rinse well in cold water. This helps to take out the added salt and makes them easier to digest (and to produce less gas!)
- Add them to your favourite recipes! They are already cooked so they are ready to go!

### How do I prepare *dried* beans, peas and lentils?

*Note: You don't need to pre-soak peas or lentils because they are smaller and cook faster*

For dried beans:

1. Slow Soak
  - a. In a large pot, cover 1 pound of dried beans in 10 cups water
  - b. Remove any small rocks or impurities
  - c. Cover and refrigerate for at least 4 hours or overnight
  - d. Drain soaking water and rinse beans before using
2. Quick Soak
  - a. In a large pot, bring 1 pound of dried beans and 10 cups of water to a boil. Cover and set aside
  - b. Remove any small rocks or impurities
  - c. Let beans soak for 1-4 hrs at room temperature
  - d. Drain soaking water and rinse beans before using

### I am trying to eat more legumes but they cause gas. What can I do?

Your body can't digest the fibre in legumes, so the healthy bacteria in our gut do the job for you! But this can leave you feeling gassy and bloated. Here are some ways to reduce the gas to keep enjoying legumes:

- Soak dry beans overnight, then pour away the soaking water.
- Use fresh water to cook the beans.
- Drain canned beans, and rinse them under cold, running water. This also helps to wash away some of the gas-producing carbohydrates.
- If you are new to legumes, start eating lentils, split peas, or lima beans first. They tend to be less gas-producing.
- Drink plenty of water when you eat beans, lentils and split peas.
- You can also try digestive enzymes like *Beano*. These pills or drops help to break down the things in beans, lentils and split peas that cause gas.

### I have diabetes. Are legumes good for me?

Yes! Legumes are a great source of fibre, which can help control your blood sugar.

## Participant Package

A Participant Package is included at the end of this lesson plan. This package includes:

1. Print resources
2. FAQs
3. Recipes
4. An Evaluation Form

The following printed resources can be photocopied and handed out to participants:

- *Bean Cuisine* (Peel Health Region)
- *All About Beans* (EatRight Ontario)
- *Guide to Cooking beans, chickpeas, lentils and peas* (Pulse Canada)
- *For your health pulse recipes* (Pulse Canada)
- *Easy pulse dips and salads* (Pulse Canada)
- *Pulse soups & main dishes* (Pulse Canada)

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## 3. Kitchen Module

The following recipes are some simple, fun and healthy ideas that can help everyone include more legumes in your diet.

There may be time for two of these recipes during the facilitation of a community kitchen: one dip and one main dish.

## Dips



### Black Bean Dip

*Adapted from [www.twopeasandtheirpod.com](http://www.twopeasandtheirpod.com)*

**Yield: 2 Servings as a large snack**

This dip can be made in 5 minutes!  
Serve with veggies, tortilla chips or  
crackers for an easy appetizer and  
healthy snack.



#### Equipment Needed:

- 1 large mixing bowl
- Can opener
- Strainer
- Food processor (optional)
- Knife
- Measuring cups and spoons
- Mixing spoon
- Serving spoon
- Cutting board
- Forks and bowls for serving

#### Ingredients:

##### For the Dip

- |               |   |
|---------------|---|
| 1 (15 oz)     | can black beans, rinsed and drained     |
| 1/4 cup       | chopped yellow onion                    |
| 1 tablespoon  | chopped cilantro, plus more for garnish |
| 1 clove       | garlic, minced                          |
| 1/2 small     | jalapeño, seeds removed and diced       |
| 2 tablespoons | fresh lime juice                        |
| 1/4 teaspoon  | ground cumin                            |
| 1/4 teaspoon  | chilli powder                           |
|               | salt and pepper to taste                |

##### For Serving:

Veggies: Carrots, peppers, celery or any other crunchy vegetables, tortilla chips or crackers

#### Directions:

1. Put the black beans, onion, cilantro, garlic, jalapeño, lime juice, cumin, chilli powder, salt, and black pepper in a food processor or blender. Blend until smooth.
2. Pour the black bean dip in a bowl and garnish with cilantro, if using. Serve with tortilla chips and/or cut up vegetables.





## Easy Hummus (Chickpea Dip)

Yield: 2 Servings as a large snack

Hummus is a great side dish or snack! It tastes delicious with fresh veggies like carrots and sweet peppers, with crackers or with pita bread



### Equipment Needed:

- 1 large mixing bowl
- Can opener
- Strainer
- Food processor (optional)
- Knife
- Measuring cups and spoons
- Mixing spoon
- Serving spoon
- Cutting board
- Forks and bowls for serving

### Ingredients:

- 1 can (15oz) chickpeas, rinsed
- 2 garlic cloves, minced
- 1/4 cup oil (such as olive oil or canola oil)
- 1 tablespoon lemon juice
- 1 teaspoon spices (such as cumin, red pepper flakes)
- Salt and pepper to taste

### For Serving:

Veggies: Carrots, peppers, celery or any other crunchy vegetables, or tortilla chip and crackers

### Directions:

1. Mash chickpeas with a fork or potato masher (or blend in a food processor).
2. Add in the rest of the ingredients and mix well until smooth and creamy.
3. Serve with pita bread, crackers or veggies.
4. Store in a container in the fridge for up to three days.

## Main Dishes



### Tasty 3-Bean Salad

Yield: 2 Servings

This colourful bean salad is great as a main dish or side. It is beautiful, versatile and very tasty!



#### Equipment Needed:

- 1 large mixing bowl
- Can opener
- Strainer
- Knife
- Measuring cups and spoons
- Mixing spoon
- Serving spoon
- Cutting board
- Forks and bowls for serving

#### Ingredients:

1 can (15 oz)	beans (e.g. mixed beans, kidney beans, chickpeas, black beans, etc.)
¼ cup	red onion, diced small
¼ cup	celery, chopped fine
½ cup	frozen or canned corn kernels
½ cup	green pepper, diced
¼ cup	fresh, finely chopped parsley (optional)
2 tablespoons	vinegar (eg. apple cider, balsamic or white vinegar)
1 tablespoon	oil (eg. canola, vegetable or olive oil)
¼ teaspoon	salt

#### Directions:

1. Open can of beans and rinse under cool water
2. In large bowl, mix beans with red onion, celery, corn, green pepper, and parsley
3. In small bowl, combine vinegar, oil and salt. You can also add spices\*
4. Pour dressing over beans and mix well

#### *\*Optional spice combinations:*

½ tsp cumin, ¼ tsp chili powder and ¼ tsp yellow curry

OR

½ tsp oregano, ½ tsp thyme and ¼ tsp garlic powder





## Bean Me Up, Scotty!

*Adapted from The Looneyspoons Collection*

*by Janet and Greta Podleski*

Yield: 2 Servings

This spicy bean soup is a fun way to eat black beans!



### Equipment needed:

- Large saucepan
- Can opener
- Strainer
- Measuring cups and spoons
- Mixing spoon
- Cutting board
- Ladle
- Food processor, blender or immersion blender
- Spoons and bowls for serving

### Ingredients:

2/3 teaspoon	oil	2/3 tablespoon	minced fresh cilantro
1/3 cup	chopped onion	1/3 tablespoon	lemon juice
1/3 cup	chopped red pepper	2/3 teaspoon	dried oregano
1/3 cup	chopped carrots	1/3 teaspoon	chili powder
1/3 teaspoon	minced garlic	1/3 teaspoon	ground cumin
1/3	jalepeno pepper, seeded and minced	1/8 teaspoon	dried thyme
1 cup	reduced sodium beef/vegetable broth	1/8 teaspoon	salt
1/3 cup	no-salt added canned crushed tomatoes	1/8 teaspoon	pepper
2/3 of a can (19oz can)	no salt added black beans, rinsed	2 tablespoons	light sour cream

**Directions:**

1. Heat oil in large pot on medium heat. Add onions, red pepper, carrots, garlic and jalapeno. Cook and stir for 5 minutes, until vegetables start to soften
2. Add all remaining ingredients **except sour cream**. Bring to a boil. Reduce heat to medium low and simmer, covered for 10 minutes
3. Working in batches, carefully transfer soup to a blender or food processor and purree until desired consistency (usually keep quite chunky). Return soup to the pot.
4. To serve, top each bowl with 1 tablespoon sour cream and garnish with minced cilantro



## Red Lentil Dhal

*Adapted from  
The Heart and Stroke Foundation*  
Yield: 2 Servings

This lentil curry recipe is delicious and nutritious. Served with brown rice or whole wheat naan bread and a salad, it is a complete meal!



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### Equipment needed:

- Large saucepan
- Small sauce pan
- Can opener
- Strainer
- Knife
- Cutting board
- Measuring cups and spoons
- Mixing spoon
- Ladle
- Spoons and bowls for serving

### Ingredients:

- |              |                                 |
|--------------|---------------------------------|
| 1 tablespoon | canola oil                      |
| 1/2 cup      | onion, diced                    |
| 2 cloves     | garlic, minced                  |
| 1 tablespoon | fresh ginger, peeled and grated |
| 1 tablespoon | curry powder                    |
| 1 cup        | dry red lentils                 |
| 2 cups       | water                           |
| 1/2 cup      | packed, chopped fresh cilantro  |
|              | salt to taste                   |

### To serve

- |                           |            |
|---------------------------|------------|
| 1/2 cup                   | brown rice |
| 1 cup                     | water      |
| OR whole-wheat naan bread |            |

### Directions:

#### For the daal

1. In a large saucepan heat oil over medium heat.
2. Add onion, garlic, ginger and curry powder and cook for 2 minutes. Do not brown.
3. Add lentils and water and cook for 20 minutes.
4. Add cilantro and salt and cook for 5 minutes.

#### For the rice:

1. Add the rice and water to the small saucepan.
2. Bring to a boil then cover, bring the heat down to low and simmer for 20-25 minutes.

Note: Different types of rice need different amounts of water and cooking time. Check the package instruction if you are using a different type of rice than is suggested in this recipe.

## 4. Clean-up and Evaluation

After/during clean-up, have participants complete the Evaluation Form found in their Participant Handbook. A sample of the Evaluation Form can be found below:

### Participant Daily Feedback Form

*Adapted from: Cook it. Try it. Like it!*

**Lesson:**

**Recipes:**

**What new thing did you learn today?**

**Did you try a new food today?**

**Did you like today's recipe?**