

The background features several light green line-art illustrations of pulses: a cluster of lentils in the top left, a large chickpea in the top center, a long bean in the top right, a bowl of chickpeas in the middle left, and several pea pods in the bottom half.

THE PULSES COOKBOOK

7 healthy recipes for
breakfast, lunch and dinner

ENJOY
today

In collaboration with:

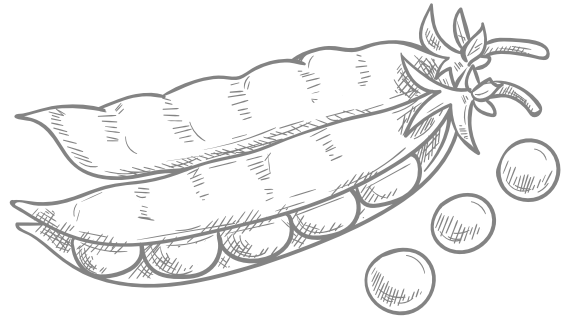


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INTRODUCTION



This recipe booklet was made by Enjoy Today in collaboration with CirFood, the caterer of the UvA and HvA and FoodLab.

All recipes in this booklet are 100% vegan, because plant-based food has many benefits for animals and humans. In addition, we want to inspire you to also deal with food as sustainably as possible, so always first look at your fridge at home to see which groceries you still have and whether you can possibly also use them creatively in one of these recipes.

You can easily download this e-booklet via the Enjoy Today website and save it on your laptop or phone.

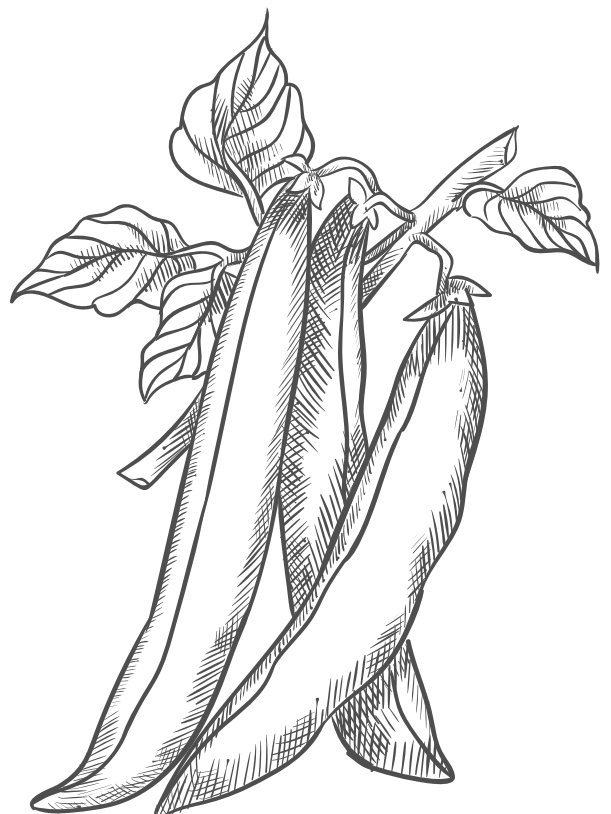
Did you make one of the dishes? Then share your photo by tagging us on Instagram @enjoytoday.amsterdam

Even if you have any questions or comments, please let us know.

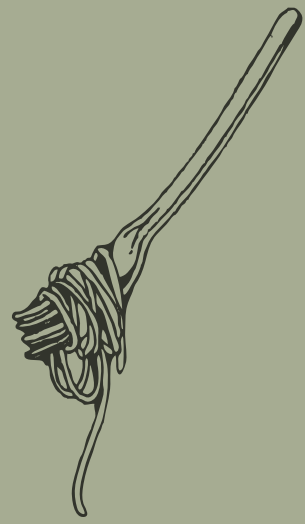
Reducing meat consumption has benefits for the environment, our health and animal welfare. Therefore, replace meat for pulses such as kidney beans, soybeans and frog peas more often.

These pulses contain a lot of protein, fiber, vitamins and minerals. In addition, pulses are relatively cheap and available in almost all supermarkets.

Despite the many benefits, the Dutch only eat pulses once every two weeks on average. (1)



SPAGHETTI MET LENTILS



INGREDIENTS:

Serves 2

150g wholemeal spaghetti

1 small onion

1 tbsp olive oil

2 cloves garlic

1 tsp rosemary

70g carrots (diced)

1/2 red pepper (sliced)

150g courgette (diced)

1 tin (400g) lentils (drained)

250g tomato pasta sauce

6 sun-dried tomatoes

Small handful fresh basil

METHOD:

- 1 Cook the spaghetti according to the instructions on the packet.
- 2 Finely chop the onion and fry it in a pan with the oil. Squeeze the garlic into the pan and fry for another minute.
- 3 Then add the teaspoon of rosemary and the carrots. Cook for two minutes and then add the red pepper and courgette. Add the lentils together with the tomato sauce and dried tomatoes to the pan and simmer for ten minutes. Serve the pasta with fresh basil.

VARIATION TIP

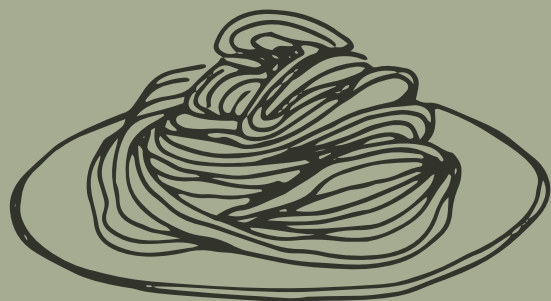
Use pasta made from lentils instead of wheat flour pasta.

DID YOU KNOW..

100g cooked green or brown lentils is 26% of the recommended daily amount of iron for adult men? And 18% for women under the age of 50? (2)

NUTRITIONAL VALUE PER PORTION

494 Kcal, 4g fat, 79.5g carbohydrate, 24.7g protein, 21.3g fibre





STUFFED PEPPER WITH KIDNEY BEANS



INGREDIENTS

Serves 3

100g rice
3 sweet peppers
1 red onion
2 cloves garlic
1 tbsp olive oil
250g tofu
1 tsp chilli flakes
1 tsp oregano
1 tbsp paprika
1 tin (400g) kidney beans
1 tin (400g) chopped tomatoes
60g sweetcorn

DID YOU KNOW...

100g kidney beans makes up 10% of the recommended daily amount of potassium? (3)

METHOD

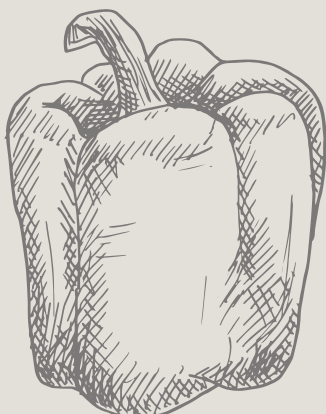
- 1** Pre-heat the oven to 180 degrees. Cook the rice according to the instructions on the packet.
- 2** Cut off the top of the peppers and remove all the seeds. Finely chop the onion and garlic and sweat them in a pan with oil. Crumble the tofu and add it together with the herbs.
- 3** After a few minutes, add the kidney beans, sweetcorn, chopped tomatoes and rice. Cook for 10 minutes. Fill the peppers with the mixture and place them in an ovenproof dish. Bake in the oven for 25-30 minutes.

VARIATION TIP

Sprinkle some vegan cheese over the peppers before they go into the oven

NUTRITIONAL VALUE PER PORTION

378 kcal, 11.1g fat, 42.6g carbohydrate, 21g protein, 12.2g fibre





VEGAN TUNA SALAD



INGREDIENTS:

Serves 2

- 1 tin (400g) chickpeas (drained)
- 1/2 red onion
- 2 tbsp lemon juice
- 2 tbsp vegan mayonaise
- 1 tsp mustard
- 1 tsp paprika
- 1 tsp Sriracha sauce

METHOD:

- 1 Mash the chickpeas with a fork or even a food processor.
- 2 Cut the onion into small pieces and then add all the other ingredients and mix together.
- 3 Eat the salad on a slice of bread with lettuce and cucumber or on crackers.

VARIATION TIP

Cut or slice a nori sheet (seaweed sheet) into small pieces and add them. This gives it a somewhat stronger fish taste.

NUTRITIONAL VALUE PER PORTION

119 Kcal, 4g fat, 12.5g carbohydrate, 5.1g protein, 4.8g fibre

DID YOU KNOW...

100g chickpeas makes up 14% of the recommended daily amount of zinc for adult men? And 18.5% for women? (4)





WHITE BEAN SALAD



INGREDIENTS

Serves 2

250g tomatoes

100g cucumber

1/2 sweet pepper

100g vegan feta cheese

1 red onion

150g white beans from a tin or jar

Handful fresh parsley

50g olives

1 tsp dried oregano

1 tbsp olive oil

1.5 tbsp red wine vinegar

METHOD

- 1 Cut the tomatoes, cucumber, pepper, feta and olives into small pieces. Cut the red onion into rings.
- 2 Drain the white beans and rinse. Finely chop the parsley.
- 3 Put everything in a bowl and add the olives, oregano, olive oil and red wine vinegar. If necessary, season with salt and pepper.

VARIATION TIP

Instead of white beans, choose cannellini beans, lima beans or chickpeas.

NUTRITIONAL VALUE PER PORTION

375 Kcal, 19.9g fat, 25.1g carbohydrate, 7.5g protein, 12.5g fibre

DID YOU KNOW...

100 grams of white beans are 20% of the recommended amount of fibre? (2)





GUACAMOLE WITH EDAMAME BEANS



METHOD

INGREDIENTS

Serves 3

- 1 small tin (155g) soy beans
- 1 1/2 avocado
- 5 cherry tomatoes
- 2 sprigs fresh coriander
- 1/2 spring onion
- 2 tbsp lemon juice
- 1 tsp garlic powder
- Pepper & salt

- 1 Drain the soybeans and mash them together with the avocado with a fork in a bowl.
- 2 Finely chop the tomatoes, coriander and spring onion and put them together in the bowl. Add the lime juice and garlic powder. Add salt and pepper to taste.
- 3 Serve the guacamole with tortilla chips or with the black bean soup (see page 14).

VARIATION TIP

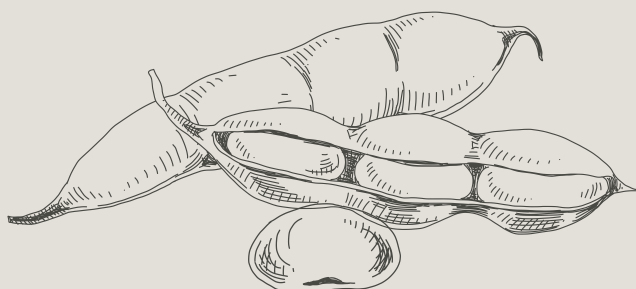
Add to this protein-rich guacamole half a chili pepper if you like a bit of spice.

NUTRITIONAL VALUE PER PORTION

153 Kcal, 12g fat, 2.3g carbohydrate, 5.8g protein, 5.4g fibre

DID YOU KNOW...

100 grams of soybeans accounts for 42% of the recommended daily amount of magnesium for adult men? And 50% for women? (5)





BLACK BEAN SOUP



INGREDIENTS

Serves 2

- 1 onion
- 3 cloves garlic
- 1 chilli pepper
- 1 tbsp olive oil
- 1 tsp paprika
- 1 tsp cumin
- 1 tsp dried oregano
- 1/2 pepper
- 1 tin (400g) black beans
- 1 tin (400g) chopped tomatoes
- 1/2 stock cube
- 400 ml water
- Tortilla wraps

METHOD

- 1 Finely chop the onion, garlic and pepper. Fry it in a pan with oil. Then add the herbs.
- 2 Cut the pepper into small pieces and also fry them in the pan. Drain the black beans and add them together with the chopped tomatoes, stock cube and water.
- 3 Let it simmer for 10 minutes. Then puree with a hand blender and serve with pieces of tortilla wrap.

VARIATION TIP

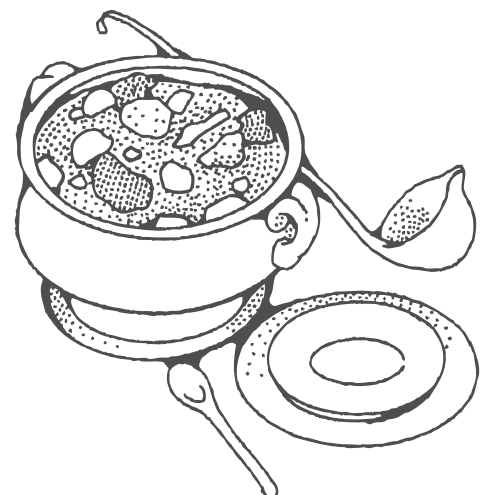
Add some lime juice and slices of avocado at the end.

NUTRITIONAL VALUE PER PORTION

372 Kcal, 5.1g fat, 47.3g carbohydrate, 16.5g protein, 7g fibre

DID YOU KNOW...

100 grams of black beans is 20% of the recommended daily amount of iron for adult men? And 14% for women? (6)





LENTIL BURGER



Enjoy Today has collaborated with FoodLab for this recipe booklet. They invented this lentil burger.

INGREDIENTS

Makes 2 burgers

40g walnuts
1/2 onion
1 clove garlic
1 tbsp oil
2 tbsp curry powder
20g raisins
130g lentils in a tin or jar
3 tbsp breadcrumbs
Pepper & salt
1/2 tsp cayenne pepper
1 tbsp maple syrup
1 tbsp mustard
Rocket
2 burger rolls
1 beef tomato

VARIATION TIP

You can also replace the lentils with kidney beans or black beans.

DID YOU KNOW...

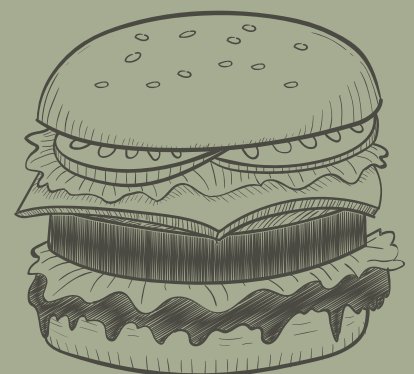
100g lentils is 10% of the recommended daily amount of selenium? (7)

METHOD

- 1 Preheat the oven to 180 degrees. Roast the walnuts briefly in the oven and let cool.
- 2 Put the onion and garlic in a food processor, pulse finely and then fry them in a hot pan with oil. Add the curry powder.
- 3 Pulse the walnuts and raisins and put them in a separate container. Add the fried onion and garlic. Drain the lentils, pulse finely and add them to the container.
- 4 Add the breadcrumbs, pepper, salt and cayenne pepper and knead together.
- 5 Form the burgers and let them rest in the refrigerator. Fry the burgers in a pan with oil on a low heat, 4 minutes per side.
- 6 Mix the syrup with mustard in a bowl and top the burgers with rocket, tomato and sauce.

NUTRITIONAL VALUE PER PORTION

531 Kcal, 19g fat, 50g carbohydrate, 14.7g protein, 7.9g fibre





REFERENCE LIST

(1) wat eet Nederland. Pulses

<https://wateetnederland.nl/resultaten/voedingsmiddelen/consumptie/peulvruchten>

(2) Voedingscentrum. Iron.

<https://www.voedingscentrum.nl/encyclopedie/ijzer.aspx>

(3) Voedingscentrum. Potassium

<https://www.voedingscentrum.nl/encyclopedie/kalium.aspx>

(4) Voedingscentrum. Zinc

<https://www.voedingscentrum.nl/encyclopedie/zink.aspx>

(5) Voedingscentrum. Fibre

<https://www.voedingscentrum.nl/encyclopedie/vezels.aspx>

(6) Voedingscentrum. Magnesium

<https://www.voedingscentrum.nl/encyclopedie/magnesium.aspx>

(7) Voedingscentrum. Selenium

<https://www.voedingscentrum.nl/encyclopedie/seleen.aspx>