

AN EVERYDAY GUIDE TO

Cooking with Legumes



Grains &
Legumes
Nutrition
Council

Cultivating Good Health

Legumes: we are cost effective nutritional powerhouses essential for your kitchen pantry

In many Australian households, we are misunderstood so to help you get to know us, here are a few bits and pieces.

Chickpeas

If I were a person... "I would be very glamorous; fit and healthy. I care about myself and how I present. You would find me sitting in a café eating a Mediterranean salad."

Melanie McGrice, Advanced APD



I also contain essential minerals such as iron, zinc and calcium. As the iron in me is not as well absorbed as the iron in meat, try to eat me with a food rich in vitamin C. Iron and zinc help to support immunity, and calcium is important for strong bones and teeth.

I go well with Moroccan and Middle Eastern Cuisine and feature in a **Classic Hummus**.

You will also find me centre-stage in **Moroccan Chickpea & Basmati Rice Pilaf**.

Red Kidney Beans

If I were a person... "I'm red, so I'm a standout in the crowd, a figure who does not really fly under the radar. Although I have a tough exterior, I'm a softy on the inside."

Kate Di Prima, APD



If you cook half a cup of me, I will provide 4.9g of fibre – over 20% of the daily recommended intake for fibre for young children (up to 13yrs). Fibre is essential for maintaining digestive health.

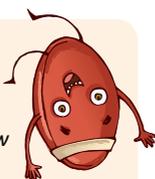
I go well with Mexican, Spanish and South American dishes. I am the main game featuring in a **Red Kidney Bean Burrito** and reveal my softer side in a **Minestrone Soup**.

Red Lentils

If I were a person... "I would be a gymnast because I am small and low in body fat but dynamic and full of energy for performance." **Nikki Hart, NZ Registered Nutritionist**

Like most legumes, I have a low Glycemic Index (GI) (GI = 29). Low GI foods are digested and absorbed slower, meaning they can help fill you up for longer.

I go well with Indian cuisine, but am extremely versatile. Watch me fuel your kid's performance in **Spaghetti Bolognese with Red Lentils** and in a **Red Lentil & Beef Burger**.



Baked Beans

(Some people know me as navy beans)

If I were a person... "I'd be the popular one of the group. Loyal, reliable and great fun."

Dr Joanna McMillan, APD



Like other members of the legume family, I contain virtually no fat, and I'm rich in fibre, B vitamins and protein. Folate is a B vitamin which is important for reducing tiredness and supporting your immune system.

Although well known for my match with toast, I'm more versatile than you might think. I go well in many family favourites including **Baked Potatoes filled with Baked Beans**. I'm a crowd pleaser in **Zucchini, Baked Beans & Cheese Mini Muffins**.

"With our love of travel, we tend to bring favourite dishes from foreign cultures home so we will see even more use of legumes in our diet as time goes on." **NIKKI HART, NZ REGISTERED NUTRITIONIST**

Liven up meal time with legumes

Now is a great time to liven up your weekly meal plan with quick and easy legume-based dishes to feed the whole family.

High in protein and other essential nutrients, Australia's most popular legumes; chickpeas, red lentils, red kidney beans and everyday baked beans, are easy to use, convenient and delicious in so many dishes.

The Grains & Legumes Nutrition Council™ recommends we eat legumes 2-3 times every week. This is because they provide a bundle of essential nutrients like protein, different types of fibre and zinc that can help keep you satisfied and help maintain digestive and immune health. However, according to recent research, most Australians don't even come close to eating that amount.¹ The figures are particularly low for our children as only one in every 20 Australian kids eat legumes regularly.^{2,3}



"In my experience, once people have tried legumes, they become fans."

MELANIE MCGRICE,
ADVANCED ACCREDITED PRACTISING DIETITIAN

"Legumes are excellent for the family budget and being a high protein, low GI food, keep you feeling satisfied and fuller for longer - great for hungry children and teenagers."

MICHELLE BROOM, APD,
NUTRITION PROGRAM MANAGER,
GRAINS & LEGUMES NUTRITION COUNCIL™

Up until now, legumes have been a misunderstood and under-utilised ingredient in Australian family cooking because home cooks have told us they don't know how to prepare them and don't understand their health benefits.

This booklet contains a collection of quick and easy, delicious recipes prepared and tested by recent MasterChef home economist Tina McLeish. Tina has created meals that your family will love including simple to prepare main dishes, soups, salads and snacks that are likely to quickly become part of your family's weekly meal favourites.

We hope you enjoy these recipes and that you too will become a legume fan. Remember if you want more great tasting legume recipes, visit www.glnc.org.au.

Michelle

MICHELLE BROOM, APD,
Nutrition Program Manager,
Grains & Legumes Nutrition Council™



"10-15 years ago it would have been unusual to see children eating puréed chickpeas but now it's commonplace in many fridges across the world."

NIKKI HART, NZ REGISTERED NUTRITIONIST

Method

1. Heat half the oil in a large heavy based frying pan with a lid and cook onions over medium heat for 10 minutes or until reddish brown. Set aside half the onions. Add remaining oil and chicken and stir until golden all over. Add spices and stir until fragrant.
2. Add garlic, rice, chickpeas, dates and pumpkin and stir to coat in spices. Add stock and scrape the bottom of the pan. Make sure the stock covers the meat, add cinnamon sticks and bring to the boil. Reduce heat to low, cover with a lid and simmer for 5 minutes, remove lid and add peas, stir gently and cover for another 5 minutes.
3. Top with reserved onions and fresh coriander. Serve lemon wedges and yoghurt on the side.

Moroccan chickpea & basmati rice pilaf

Serves: 4
Prep: 10 minutes
Cook: 30 minutes



1 tablespoon sunflower oil
 2 large brown onions, finely sliced
 300g chicken breast, diced
 1 tablespoon Moroccan spice blend
 3 cloves garlic, finely chopped
 1 cup basmati rice, rinsed and drained
 2 x 420g cans chickpeas, rinsed and drained
 ½ cup chopped dates
 2 cups diced pumpkin
 700ml salt-reduced chicken stock
 2 cinnamon sticks (optional)
 1 cup frozen green peas
 Natural yoghurt, lemon wedges, fresh coriander sprigs, to serve
 Steamed green beans with toasted flaked almonds, to serve

Tips

- ▶ Work with whatever you have in your pantry or fridge. Swap chicken for prawns and use a range of vegetables i.e. zucchini, capsicum or broccoli.
- ▶ To lower sodium, try no added salt canned varieties.
- ▶ If you would like to use dried chickpeas use ½ cup and cook according to instructions on page 8.

Nutritional Info

Average per serve: Energy 1990kJ, Protein 27g, Total Fat 8g, Saturated Fat 1g, Carbohydrate 68g, Fibre 13g, Sodium 846mg.



Red kidney bean burrito

Serves: 4
Prep: 15 minutes
Cook: 20 minutes

Corn and kidney beans

2 corn cobs, husks removed
1 teaspoon extra virgin olive oil
2 x 420g cans kidney beans, rinsed and drained
1 teaspoon smoked paprika

Tomato salsa

4 ripe roma tomatoes, diced
1 teaspoon tabasco sauce
½ red onion, very finely diced
¼ cup roughly chopped coriander leaves

Guacamole

1 ripe avocado
1 teaspoon lemon juice

4 jumbo tortilla wraps, preferably whole grain
40g grated cheddar cheese
2 cups shredded iceberg or butter lettuce
Lime wedges, to serve



Method

1. Preheat a grill pan until hot, place corn cobs on pan and cook for 10 minutes, turning every few minutes until starting to char all over. Allow to cool slightly and slice off kernels.
2. Heat oil in a frying pan and add kidney beans, paprika and corn kernels and stir gently until warmed through.
3. Place a tortilla on the warm grill pan and sprinkle a little cheese on the tortilla, cook until it melts or grill marks appear on the underside of the tortilla. Repeat.
4. For tomato salsa, combine tomatoes, tabasco, onion and coriander.
5. For guacamole, mash avocado with lemon juice until smooth.
6. Assemble tortillas, spread a little guacamole on each tortilla and top with kidney bean mix and lettuce. Serve tomato salsa on the side.

Tips

- ▶ Use frozen corn kernels or canned corn kernels if you don't have corn cobs, add to pan with kidney beans.
- ▶ To lower sodium, try no added salt canned varieties.
- ▶ If you would like to use dried kidney beans use ½ cup and cook according to instructions on page 8.

Nutritional Info

Average per serve: Energy 2440kJ, Protein 25g, Total Fat 22g, Saturated Fat 6g, Carbohydrate 60g, Fibre 9g, Sodium 210mg.

"The hard exterior of the kidney bean is great because it encourages children to chew... it helps to strengthen a child's chewing muscles."

KATE DI PRIMA, APD



"I think the trick to getting children to accept lentils is add it slowly to meals they love, without being obvious about it."

NIKKI HART, NZ REGISTERED NUTRITIONIST

Method

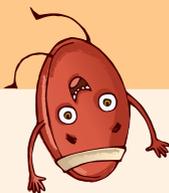
1. Heat oil in a large heavy based saucepan over medium-high heat and brown mince. Add onion, carrot, and celery and cook for 5 minutes or until starting to soften.
2. Add garlic, lentils, passata, oregano and stock. Cover and simmer for 20 minutes or until flavour has developed and sauce has thickened. Add spinach, lemon juice and freshly cracked pepper.
3. Bring a large covered saucepan of water to the boil, add spaghetti, stir once and cook uncovered for the amount of time specified on the pack. Drain pasta.
4. To serve, divide spaghetti between serving bowls, ladle sauce onto spaghetti, top with grated parmesan and serve a green salad on the side.

Spaghetti bolognese with red lentils

Serves: 4

Prep: 10 minutes

Cook: 40 minutes



1 tablespoon olive oil
300g lean beef mince
1 onion, chopped
1 carrot, chopped
2 stalks celery, chopped
3 cloves garlic, finely chopped
1 cup dried red lentils, washed and drained
700ml tomato passata (tomato purée)
1 teaspoon dried oregano
500ml salt-reduced chicken or beef stock
2 cups shredded spinach or silverbeet
1 tablespoon lemon juice
200g spaghetti
Finely grated parmesan cheese and green salad, to serve

Tips

- ▶ Swap passata with fresh or canned diced tomatoes for a chunkier textured sauce.
- ▶ If you would like to use dried lentils use $\frac{3}{4}$ cup and cook according to instructions on page 8.
- ▶ Swap plain pasta for wholemeal to add extra fibre.

Nutritional Info

Average per serve: Energy 1970kJ,
Protein 31g, Total Fat 15g, Saturated Fat 5g,
Carbohydrate 50g, Fibre 6g, Sodium 760mg.



"My mum would make baked beans and cheese on toast when Dad wasn't home. It was her cheat meal but we loved it!"

DR JOANNA MCMILLAN, APD

Method

1. Preheat oven to 220°C fan forced. Halve potatoes lengthways and place on a baking tray, cut-side up. Bake potatoes for 40 minutes or until soft enough to scoop.
2. Combine baked beans, corn and peas in a bowl. Scoop a little of the potato out of the centre of each half, chop and add to the baked bean mix.
3. Overfill each potato with mixture and top with cheese. Place under a hot grill for 10 minutes or until mixture has warmed through and cheese has melted and started to brown. Serve warm.

General Tips

- ▶ Try half mashed baked beans and half mashed sweet potato for a low-GI topping on your next shepherd's or cottage pie.

Tips

- ▶ Make ahead and reheat to serve.
- ▶ Wrap leftovers individually in foil and freeze. Can then be reheated in the oven for a quick snack.
- ▶ To lower sodium, try no added salt canned varieties.

Nutritional Info

Average per serve: Energy 1100kJ, Protein 13g, Total Fat 6g, Saturated Fat 3g, Carbohydrate 32g, Fibre 11g, Sodium 465mg.

Baked potatoes filled with baked beans, cheese, corn & peas

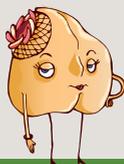
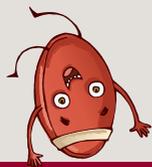
Serves: 4
Prep: 5 minutes
Cook: 50 minutes



4 medium desiree or low-GI potatoes
1 x 420g can baked beans
½ cup frozen corn kernels
½ cup frozen green peas
40g grated tasty cheese
Green salad, to serve

Legumes cooking instructions

The recipes in this booklet use canned legumes because they are quick and easy. Many people think dried legumes are hard to prepare and need hours of soaking and boiling before you can use them. This just isn't true as there is a quicker way. If you'd like to start from scratch follow either the quick or the traditional methods below.



	Red Lentils	Chickpeas	Kidney Beans
Amount of water per 1 cup of legumes	3 cups	3 cups	3 cups
Quick Preparation Method*	Rinse. Bring to boil and simmer for approx. 30-45 minutes.	Rinse. Bring to boil and simmer for approx. 45-60 minutes.	Rinse. Bring to boil and simmer for approx. 55-70 minutes.
Traditional Preparation Method	Overnight soaking not required. Use the quick preparation method.	Soak 6-8 hours. Drain. Place in fresh water, bring to boil and simmer for approx. 20-30 minutes.	Soak 6-8 hours. Drain. Place in fresh water, bring to boil and simmer for approx. 30-40 minutes.

* This method does not require soaking.

If low salt canned options are not available make sure you wash the legumes for 2 minutes.

"A great thing about dried legumes is that they hold their form in dishes. By holding their shape, they are a great addition to meals and don't become lost in the dish."

KATE DI PRIMA, APD

Legume Cooking Tips

- ▶ Cook extra to what you need and freeze drained and rinsed beans in small zip lock bags to throw into a soup or casserole or as a wrap filling when you need a quick lunch or dinner.



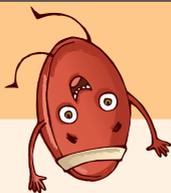
Red lentil & beef burger

Serves: 4
Prep: 10 minutes
Cook: 30 minutes

Burger rissole

1 cup red lentils, washed and drained
750ml salt-reduced chicken stock
200g lean beef mince
2 cloves garlic, crushed
1 egg
¼ cup dry breadcrumbs

1 tablespoon olive oil
2 onions, finely sliced
2 ripe tomatoes, sliced
8 slices canned beetroot
8 baby cos lettuce leaves
Low salt BBQ sauce, to serve
4 wholemeal rolls



"The proven way to get children to eat legumes is to be a good role model. The more often you consume good wholesome foods, the more likely that when children become teenagers, they will consume healthy foods."

GLENN CARDWELL, APD

Method

1. Place lentils in a medium saucepan and cover with stock, bring to the boil, cover and simmer for 10-15 minutes or until tender, drain if there is any excess liquid. Allow to cool.
2. Heat half the oil in a large frying pan over medium heat and cook onions until golden and caramelised. Set aside.
3. Combine cooled lentils with mince, garlic, egg, breadcrumbs and a little freshly cracked pepper. Form into 4 rissoles and refrigerate until ready to cook.
4. Heat remaining oil in same pan onions were cooked in and cook rissoles over medium heat for 5 minutes each side or until cooked through.
5. Toast rolls and assemble with rissoles, onions, tomato, beetroot, lettuce and sauce.

Tips

- ▶ Use the hamburger mix to make mini meatballs. Great for lunchboxes with a little side of natural yoghurt or sweet chilli sauce or a quick dinner with pasta and sauce.
- ▶ If you would like to use dried lentils use ¾ cup and cook according to instructions on page 8.

Nutritional Info

Average per serve: Energy 2100kJ, Protein 27g, Total Fat 14g, Saturated Fat 4g, Carbohydrate 61g, Fibre 8g, Sodium 1570mg.



"Legumes are great flavour absorbers - add whatever sauce you like and it will taste better with legumes."

MELANIE MCGRICE, APD

Method

1. Heat oil in a large saucepan and add onions. Cook over medium-high heat for 5 minutes until golden brown. Add carrot and celery and cook for 5 minutes or until starting to soften.
2. Add garlic, bay leaf, passata, stock and pasta and bring to the boil. Cover and cook for 15 minutes over low heat, stirring occasionally until pasta is almost cooked.
3. Add zucchini, green beans and kidney beans and cook, covered, for 5-10 minutes until green beans are just tender.
4. Serve with a little grated parmesan, freshly chopped parsley and black pepper.

Minestrone soup with red kidney beans

Serves: 4

Prep: 10 minutes

Cook: 40 minutes



- 1 tablespoon olive oil
- 1 onion, finely chopped
- 2 carrots, diced
- 2 sticks celery, diced
- 3 cloves garlic, finely chopped
- 1 bay leaf
- 1 cup tomato passata (tomato purée)
- 1L salt-reduced chicken stock
- ½ cup wholemeal small pasta shapes
- 2 zucchini, diced
- 100g green beans, 2cm lengths
- 1 x 420g can kidney beans, rinsed and drained
- Finely grated parmesan, to serve
- ¼ cup chopped flat leaf parsley, to serve

Tips

- ▶ For an authentic twist, add finely sliced spinach or silverbeet for the last 10 minutes of cooking.
- ▶ Try brown rice or quinoa instead of pasta.
- ▶ Try half stock and half water.
- ▶ To lower sodium, try no added salt canned varieties.
- ▶ If you would like to use dried kidney beans use ½ cup and cook according to instructions on page 8.

Nutritional Info

Average per serve: Energy 1140kJ, Protein 13g, Total Fat 7g, Saturated Fat 2g, Carbohydrate 33g, Fibre 6g, Sodium 1120mg.



Snack Ideas

Classic hummus

Serves: 6 as a snack

Prep: 5 minutes

Cook: 0 minutes

1 x 420g can chickpeas, rinsed and drained

1 clove garlic, crushed

½ teaspoon ground cumin

1 tablespoon lemon juice

1 tablespoon tahini

1 tablespoon extra virgin olive oil

2 tablespoons water, optional

Vegetable sticks, to serve

Crisp homemade oven-baked whole grain pita triangles, to serve

Method

1. Place chickpeas in a food processor with garlic, cumin, lemon juice, tahini and oil. Blend to a smooth purée. Add a little water if it needs thinning.
2. Serve with vegetable sticks and crisp pita.

Tips

- ▶ Substitute tahini with roast capsicum for a roast capsicum hummus.
- ▶ To lower sodium, try no added salt canned varieties.
- ▶ If you would like to use dried chickpeas use ½ cup and cook according to instructions on page 8.
- ▶ Keep a can of chickpeas in the cupboard for when you need a quick dip as a snack or for when guests drop by. The other pantry ingredients are usually on hand – olive oil, lemon juice, garlic, pepper.

Nutritional Info

Average per serve: Energy 810kJ, Protein 7g, Total Fat 7g, Saturated Fat 1g, Carbohydrate 23g, Fibre 5g, Sodium 290mg.



Zucchini, baked beans, & cheese mini muffins

Makes: 24 mini muffins

Prep: 10 minutes

Cook: 20 minutes

1 cup plain flour

2 teaspoons baking powder

¼ cup (30g) grated tasty cheese

1 zucchini, grated

1 tablespoon finely chopped chives

1 teaspoon thyme leaves, plus extra for top

1 egg

½ cup buttermilk

1 x 220g can baked beans

Method

1. Preheat oven to 180°C fan forced. Line a 24-hole mini muffin tin with paper cases.
2. Whisk flour, baking powder, cheese, zucchini, chives, thyme and black pepper in a large bowl until zucchini is coated in flour.
3. Mix egg, buttermilk and baked beans in a jug until combined. Fold gently into the dry mixture until flour is mixed in. Do not overmix. Spoon into paper cases and sprinkle with extra thyme leaves.
4. Bake for 20 minutes or until golden. Transfer to a wire rack to cool.

Tips

- ▶ Great to pop in lunch boxes.
- ▶ A satisfying mid-morning or afternoon snack at work.
- ▶ Freeze in zip lock bags.
- ▶ Place defrosted muffins in the oven for 5 minutes to warm through.
- ▶ To lower sodium, try no added salt canned varieties.

Nutritional Info

Average per serve: Energy 170kJ, Protein 2g, Total Fat 1g, Saturated Fat 0g, Carbohydrate 6g, Fibre 1g, Sodium 185mg.

More information & resources

The information in this booklet has been developed by the Grains & Legumes Nutrition Council™ for general nutrition education. For expert nutrition advice tailored to your needs, contact an Accredited Practising Dietitian (APD). To find an APD in your local area visit 'Find an APD' at www.daa.asn.au or call toll free 1800 812 942.

CONTRIBUTING DIETITIANS

- ▶ **Kate di Prima**, APD, Expert in family & childhood nutrition. www.katediprima.blogspot.com.au
- ▶ **Melanie McGrice**, Advanced APD. www.nutritionplus.com.au
- ▶ **Dr Joanna McMillan**, Nutritionist, APD, Sports Dietitian. www.drjoanna.com.au, www.getlean.com.au
- ▶ **Nikki Hart**, NZ Registered Nutritionist. www.nikkihartnutrition.co.nz
- ▶ **Glenn Cardwell**, APD. www.glenncardwell.com



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Contact Us – Grains & Legumes Nutrition Council™

P: 1300 472 467 (Australia only) **P:** +61 2 8877 7877 **E:** contactus@glnc.org.au **W:** www.glnc.org.au