

## Pulse Recipes



Note: You may note variations in the weights of the canned products you purchase. A slight difference in the amount of ingredients you add will not affect the overall quality of these recipes.

Note: Beans can be used interchangeably in these recipes. Soaked, cooked beans prepared according to the directions provided can be used in place of drained, rinsed canned beans.

### Arriba Nacho Dip

- 2 cloves garlic, finely chopped
- 1 cup onion, finely chopped
- 1 c. green bell pepper, finely chopped
- 1/2 jalapeno pepper, finely chopped
- 3 large Roma tomatoes, chopped
- 1/4 cup cilantro, finely chopped
- 1/4 cup lemon juice
- 1 (15-ounce) can fat-free refried beans
- 4 ounces reduced-fat cheddar cheese, shredded

Make salsa by combining the first seven ingredients in a bowl; mix to combine. Put refried beans and salsa in a pot; stir until blended. Cook on low to medium heat for 20 minutes. Add cheese and allow to melt on top. Serve with tortilla chips or veggies.

Makes 12 servings. Per serving: 60 calories, 0.5 g fat, 4 g protein, 8 g carbohydrate, 2 g fiber and 230 mg sodium

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### Black Bean and Fruit Salsa

- 1/2 cup mango, peeled and cubed
- 1 cup papaya, peeled and diced
- 1/2 cup pineapple, diced
- 1/2 cup black beans, canned, drained and rinsed
- 1 tablespoon cilantro, minced
- 1 tablespoon lime juice (fresh-squeezed for best flavor)
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon cumin
- 1/4 teaspoon black pepper
- 1 clove garlic, minced

Combine all ingredients in a large bowl; toss gently to coat.

Makes 8 servings. Per serving: 40 calories, 2 g fat, 0 g protein, 6 g carbohydrate, 1 g fiber and 0 mg sodium

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### **Mediterranean Bean Salad**

1 (15.5 ounce) can beans (Great Northern, navy or white kidney), drained and rinsed  
1/2 cup sun-dried tomatoes cut into strips  
1/4 cup black olives, drained and chopped  
1/4 cup fat-free or reduced-fat feta cheese, crumbled  
1/4 cup red onion, finely chopped  
2 cloves garlic, finely minced  
2 tablespoons fresh cilantro, chopped  
2 tablespoons olive oil  
2 tablespoons lemon juice  
Fresh ground pepper

Drain and rinse beans. Combine all ingredients in a bowl and mix thoroughly. Serve on a lettuce leaf with grilled flat bread, tossed with pasta, in a pita pocket sandwich, on top of tossed salad or with whole-grain chips or crackers.

Makes 6 servings. Per serving: 150 calories, 7 g fat, 5 g protein, 16 g carbohydrate, 5 g fiber and 200 mg sodium

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### **Three-Bean Pasta Salad**

8 oz. whole-grain pasta  
1 (15.5 ounce) can three-bean salad, chilled  
2 cups grape tomatoes  
1 teaspoon dried dill weed

Cook pasta according to package directions. Drain. Rinse with cold water and place in a medium-sized bowl. Add undrained three-bean salad, tomatoes and dill. Mix gently, cover and chill.

Makes 6 servings. Per serving: 110 calories, 0 g fat, 5 g protein, 25 g carbohydrate, 4 g fiber and 280 mg sodium

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### **Sizzlin' Baked Beans**

1 (28-ounce) can vegetarian baked beans, undrained  
1/2 green pepper, chopped  
1/2 red pepper, chopped  
1 onion, chopped  
1½ tablespoons molasses  
1½ tablespoons ketchup  
4 strips uncooked turkey bacon, diced  
Salt and pepper to taste

In a 9- by 13-inch greased pan, mix all ingredients, except turkey bacon. Brown turkey bacon and drain fat. Crumble and sprinkle turkey bacon evenly over the top. Bake in preheated oven at 350°F for 40 minutes.

Makes 12 servings. Per serving: 100 calories, 1.5 g fat, 5 g protein, 19 g carbohydrate, 4 g fiber and 360 mg sodium

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### **Turkey and Bean Chili**

1 tablespoon olive oil  
1 yellow or white onion, chopped  
1 green bell pepper, chopped  
2 cloves garlic, chopped  
1/2 pound ground turkey  
2 tablespoons tomato paste  
1 teaspoon ground cumin  
2 teaspoons chili powder  
1 (28-ounce) can diced tomatoes  
2 (15-ounce) cans beans (kidney, small red, pink), drained and rinsed  
1/2 cup water  
1/4 cup reduced-fat sour cream  
1¼ teaspoons salt  
1/4 teaspoon pepper  
Cilantro sprigs, for serving

Heat oil in a large saucepan over medium-high heat. Add onion, bell pepper and garlic. Cook, stirring occasionally, just until vegetables are tender. Add turkey and cook, breaking up with a spoon, until no longer pink. Stir in tomato paste, cumin and chili pepper. Cook and stir for one minute. Add tomatoes (with liquid), beans, water, 1¼ tsp. salt and 1/4 tsp. pepper. Bring to a boil. Reduce heat and simmer, stirring occasionally, until slightly thickened, 12 to 15 minutes. Serve with sour cream and cilantro.

Makes 8 servings. Per serving: 170 calories, 3 g fat, 13 g protein, 23 g carbohydrate, 7 g fiber and 300 mg sodium

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### **Stuffed Peppers**

4 medium bell peppers, any color  
1/2 medium onion, chopped  
2 cups corn (fresh or frozen)  
2 small tomatoes, chopped  
2 (15.5-ounce) cans black beans, drained and rinsed  
2 teaspoon olive oil  
1 teaspoon cumin  
1/2 teaspoon cayenne pepper  
1 garlic clove, minced  
2 teaspoons cilantro, finely chopped

1 cup shredded reduced-fat cheddar cheese (try pepperjack for more spice)

Rinse peppers and cut in half lengthwise; remove seeds. Place peppers in a large pot and cover with water. Bring to a boil, reduce the heat, cover and simmer for five minutes; drain. Set pepper halves on greased baking sheet. Preheat oven to 350°F. In a small skillet, sauté the chopped onion in olive oil until tender.

Mix together onions, tomatoes, corn and black beans in a medium-sized bowl. In a small bowl, combine oil and seasonings; add to vegetable mixture and mix thoroughly. Fill pepper halves with mixture and top with cheese. Bake eight to 10 minutes or until cheese is melted.

Makes 8 servings. Per serving: 130 calories, 2 g fat, 7 g protein, 26 g carbohydrate, 7 g fiber and 240 mg sodium

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### **Roasted Garbanzo Snack**

2 tablespoons olive oil  
1 tablespoon ground cumin  
1 teaspoon garlic powder  
½ teaspoon chili powder  
1 pinch salt  
1 pinch black pepper  
1 dash cayenne pepper  
1 can (15 ounces) garbanzo beans (chickpeas), rinsed and well drained

Preheat oven to 350°F. In medium bowl combine olive oil, cumin, garlic powder, chili powder, salt, pepper and cayenne pepper. Mix well. Pat garbanzo beans dry with paper towel. Add to olive oil mixture and toss to coat. Spread coated garbanzos on an ungreased baking sheet. Make sure they are in one layer and not crowded. Roast, stirring occasionally, until browned and crispy, about 45 minutes.

Makes 8 servings. Per serving: 130 calories, 6 g fat, 4 g protein, 17 g carbohydrate, 3 g fiber and 238 mg sodium

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Most recipes are from: Garden-Robinson, J. and McNeal, K. All about beans nutrition, health benefits, preparation and use in menus. North Dakota State University Extension Service. FN 1643, revised 2013. Accessed 6/30/17 at <https://www.ag.ndsu.edu/publications/food-nutrition/all-about-beans-nutrition-health-benefits-preparation-and-use-in-menus#section-7> .

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