

Tips and tricks to enjoying legumes more often

FACTSHEET

Legumes like chickpeas, lentils and kidney beans are full of nutrients, inexpensive and good for you. So why not try some today? We've put together some hints and ideas to get you started.

The quick n' easy protein choice

You can buy canned, ready-to-eat legumes like kidney beans, chickpeas or lentils. They even come in single serve sizes, perfect for lunch at work or school.



Worried about gas after eating beans?

Try these tips:

- Change the water once or twice while they soak.
- Drain the soaked legumes and use fresh water for cooking.
- Rinse canned legumes before cooking.

Feed the family for less

Legumes are a great bang for your buck. Full of nutrients for a fraction of the cost of animal protein like meat and fish.²

Bring the cost of your family meal down by replacing some meat with kidney beans, lentils or chickpeas.

How much do I need?

Aiming for at least two serves of legumes a week is a good start. But, eating different legumes four or more times a week is best for reducing your risk of chronic disease.¹

One serve = 75g or ½ cup cooked beans, peas or lentils.

Did you know?

People who eat legumes tend to be a healthier weight and are less likely to develop heart disease, diabetes or particular types of cancer.¹

Not sure how to cook legumes? It's easier than you might think

Two easy steps:

1. Rinse in water and look for any bits of dirt/stones or legumes that may be shrivelled. Good quality legumes produced in Australia are generally free of any stones etc.
2. Cover the legumes with plenty of water and soak them overnight (6 – 8 hours)
3. Change the water and gently boil the legumes until they are the texture you prefer.

Handy Tips:

Save time by pre-soaking and cooking more than you need and freeze the extra. They'll be ready to use next time.

If you don't have time to soak legumes overnight, try the 'quick soak'. Bring a large pot of water to the boil, add legumes, return to boil. Turn off, cover and stand 1 hour.

Why soak? Most legumes need to be soaked to make them easier to digest and absorb the nutrients. But split peas and lentils don't need to be soaked, just boil them for about 20 minutes or add them directly to your casserole as it cooks.



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The possibilities are endless....

There are so many easy ways to add legumes to your day. They can be added to soups, salads and casseroles, mashed with vegetables, mixed with couscous or rice or even added to home-made cakes and muffins. Here are just a few ideas, but why not be creative and adapt some of your favourite recipes by adding legumes?

Legumes: breakfast, lunch or dinner

Breakfast

Baked beans on toast
Spanish eggs with butter beans

Lunch

Tuna pasta salad with a small can of lentils
Hummus and roast vegetable sandwich
Split pea and ham soup with soy and linseed toast

Dinner

Lentil Pot Pies
Chilli Con Carne with kidney beans
Chickpea cous cous with grilled salmon

Snacks

Soy milk fruit smoothie
Roasted soy nuts



Great legume ideas for kids

Chickpea and lamb meat balls - replace some mince with ½ a can of chickpeas

Stuffed baked potatoes with baked beans

Lemon, garlic and bean salad

A superbly simple salad with a garlic and lemon dressing. Great for BBQs or as a quick summer salad.



Ingredients

2 x 420g cans Four Bean Mix, drained
2 cups baby spinach

Dressing

2 tablespoons olive oil
1 teaspoon grated lemon rind
1 clove garlic, peeled and crushed
Juice of half lemon
(approximately 1 tablespoon)
1 tablespoon chopped parsley

1. Place drained Four Bean Mix and baby spinach leaves into a large bowl.
2. Combine dressing ingredients, pour over salad mixture and gently toss together. Serve as an accompaniment for barbecues or as a quick summer salad.

Try something different: add other salad ingredients of your choice like diced feta cheese, sliced olives, or diced cucumber.

Serves 4

NUTRITIONAL INFORMATION

AVG QTY	PER SERVE	PER 100g
ENERGY (kJ)	790	511
PROTEIN (g)	8.3	5.4
FAT - TOTAL (g)	9.7	6.3
FAT - SATURATED (g)	1.6	1.0
CARBOHYDRATES (g)	17.0	11.0
DIETARY FIBRE (g)	8.0	5.2
SODIUM (mg)	377	244

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More Information:

To download or order more copies of this factsheet and learn more about the benefits of legumes and grains, call our Information Line on **1300 472 467** or visit the Grains & Legumes Nutrition Council website: **www.glnc.org.au**