



Grains &
Legumes
Nutrition
Council

Cultivating Good Health

*Love
your*

LEGUMES!





Appetisers & Snacks

2. APPETISERS & SNACKS

Add these spciy little chickpea snacks to your festive platter for a spot of crunch this Christmas!

[@grainslegumesnc](https://www.instagram.com/grainslegumesnc)

ENJOYING 2-3 SERVES OF
LEGUMES - OR 100G -
EVERY WEEK CAN HELP TO
MAINTAIN GOOD HEALTH!



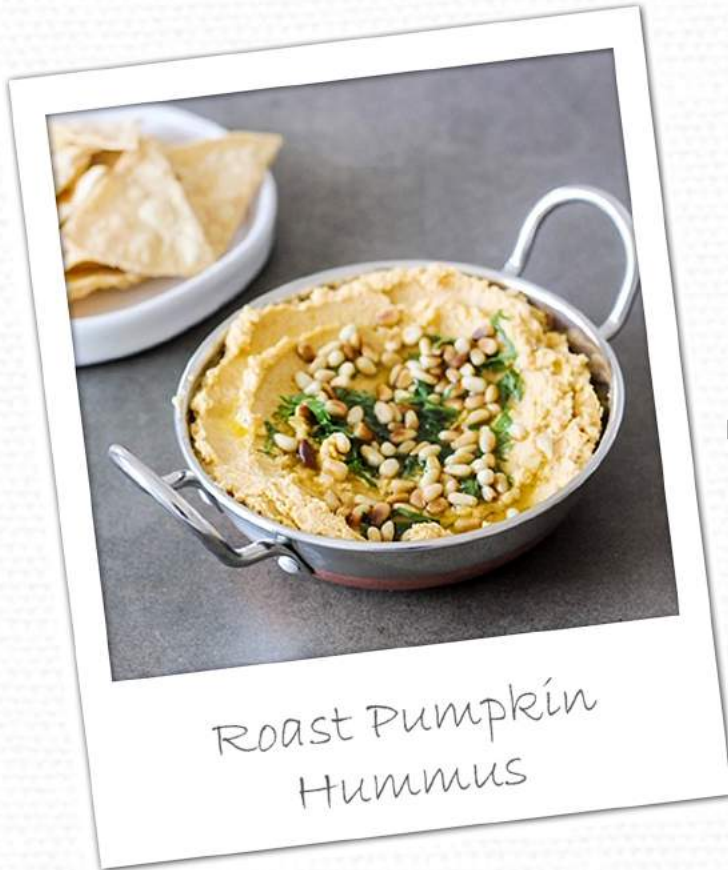
INGREDIENTS

- 2 x 400g cans chickpeas, rinsed and drained
- 2 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice
- 2 tsp cayenne pepper, or to taste
- 1 tsp sumac
- Sea salt and black pepper to taste

SERVES 10 AS PART OF A SNACKING PLATTER - READY IN 30 MINS

- 1 Heat your oven to 200°C.
- 2 Dry the drained chickpeas with a clean teatowel and toss with the olive oil, lemon juice, spices and seasoning.
- 3 Spread out on a large baking tray and roast for about 25-30 minutes, shaking the chickpeas every 10 minutes or so.
- 4 Remove from the oven and serve while still warm and crispy.

4. APPETISERS & SNACKS



Joel Feren is the Nutrition Guy, an Accredited Practising Dietitian, Accredited Nutritionist and self-described foodie and recipe developer. Some of Joel's favourite dishes include Middle Eastern baked eggs, blueberry muffins and anything with chickpeas!

thenutritionguy.com.au

INGREDIENTS

- 250g pumpkin, roughly chopped into 1cm dice
- 2 garlic cloves
- ¼ cup extra virgin olive oil, plus extra for roasting
- 2 x 400g can chickpeas, rinsed and drained
- Juice from 2 lemons
- 1 tsp cumin, ground
- 2 tbsp tahini
- Salt and pepper to taste
- Pine nuts & chopped parsley to garnish

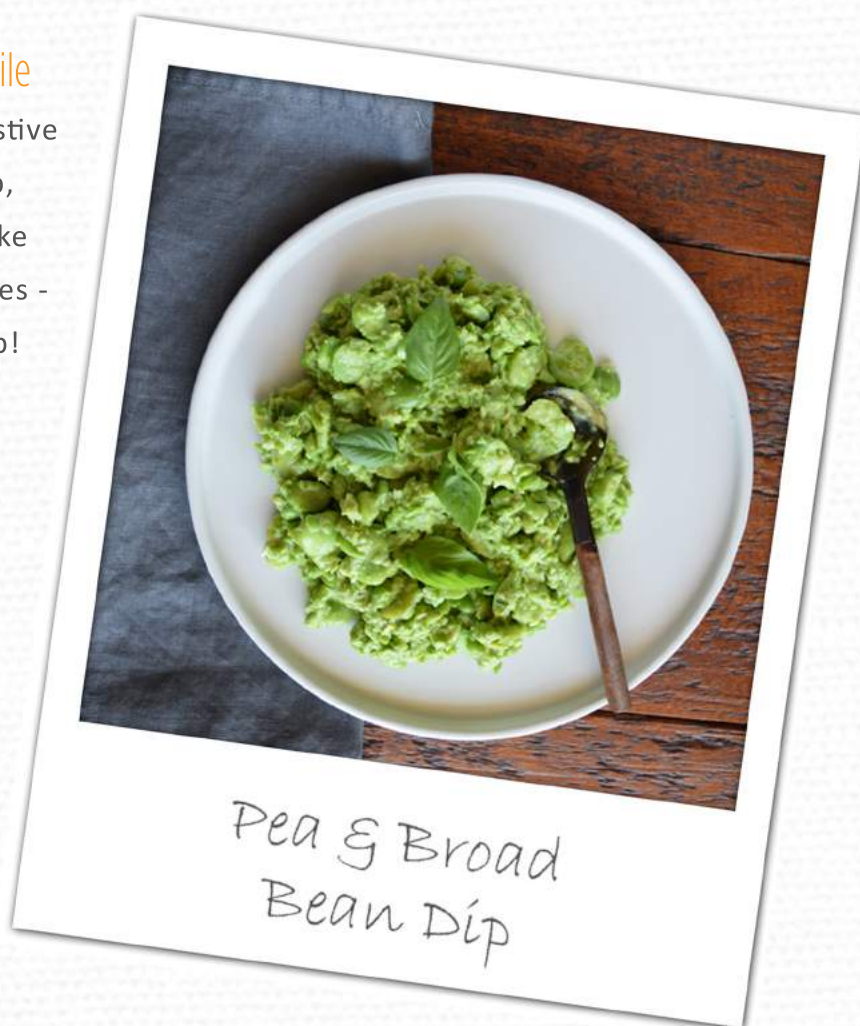
SERVES 4 - READY IN 25 MINS

- 1 Preheat oven to 180°C.
- 2 Place pumpkin and garlic cloves on baking tray and drizzle with oil. Roast for 20 minutes or until pumpkin is cooked all the way through.
- 3 Add chickpeas, garlic, oil, lemon juice, cumin, tahini and salt and pepper to food processor and blitz until smooth and well combined.
- 4 Garnish with toasted pine nuts, chopped parsley and a drizzle of extra virgin olive oil.
- 5 Serve with whole grain crackers, pita bread or oven-baked tortilla chips.

5. APPETISERS & SNACKS

This Pea & Broad Bean Dip is a versatile recipe to have on hand during the festive season and beyond. Great as a dip, spread on thinly sliced toast to make bruschetta or as a topping for canapes - add feta for a delicious flavour pop!

[@grainslegumesnc](#)



INGREDIENTS

- 200g frozen peas, defrosted
- Juice of ½ a lemon
- 1 tbsp Greek yoghurt
- 1 tbsp extra virgin olive oil
- 1 tbsp fresh dill, chopped
- Black pepper to taste
- 200g frozen broad beans, defrosted and podded
- 50g feta, crumbled (optional but delicious)
- Whole grain bread, crackers or pita bread to serve

SERVES 5-6 AS A DIP - READY IN 15 MINS

- 1 Place the peas, lemon juice, Greek yoghurt, extra virgin olive oil, dill and black pepper in your food processor and blitz until combined.
- 2 Add the broad beans and gently pulse until mixed - you want the broad beans to stay fairly chunky.
- 3 Decant into a bowl and top with the crumbled feta. Serve with warm whole grain bread, or crackers and enjoy!



Mains & Sides

6. MAINS & SIDES

Recipe courtesy of McKenzie's Foods.



INGREDIENTS

- 1kg pumpkin, peeled & chopped
- 1 tbsp olive oil
- 1 garlic clove, crushed
- 2 tsp thyme leaves
- McKenzie's Australian Natural Sea Salt, to taste
- McKenzie's Blended Whole Peppercorn, to taste
- 200g McKenzie's French Style Lentils
- 1 small red onion, sliced
- 200g baby rocket
- 50g feta cheese, crumbled
- ¼ cup McKenzie's Slivered Almonds, toasted

DRESSING

- 1 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1 tsp wholegrain seeded mustard

THE TERM 'LEGUME'
REFERS TO ALL BEANS,
PEAS AND LENTILS!

SERVES 4 - READY IN 50 MINS

- 1 Preheat oven to 200°C. Place pumpkin on a baking dish. Toss with oil, garlic, thyme, salt and pepper. Roast for 25 to 30 minutes or until tender and browned.
- 2 Prepare lentils as per packet directions. Drain.
- 3 Place lentils in a bowl. Add onion, rocket, feta, almonds and roasted pumpkin.
- 4 For dressing, whisk the balsamic vinegar, oil and wholegrain mustard in a small bowl. Pour over salad and serve.

7. MAINS & SIDES

Jacqueline Alwill is a leading Australian nutritionist, author, presenter, passionate wholefoods cook and founder of Brown Paper Nutrition. She is dedicated to improving the health, wellbeing and happiness of all individuals.

[@brownpapernutrition](https://www.instagram.com/brownpapernutrition)

INGREDIENTS

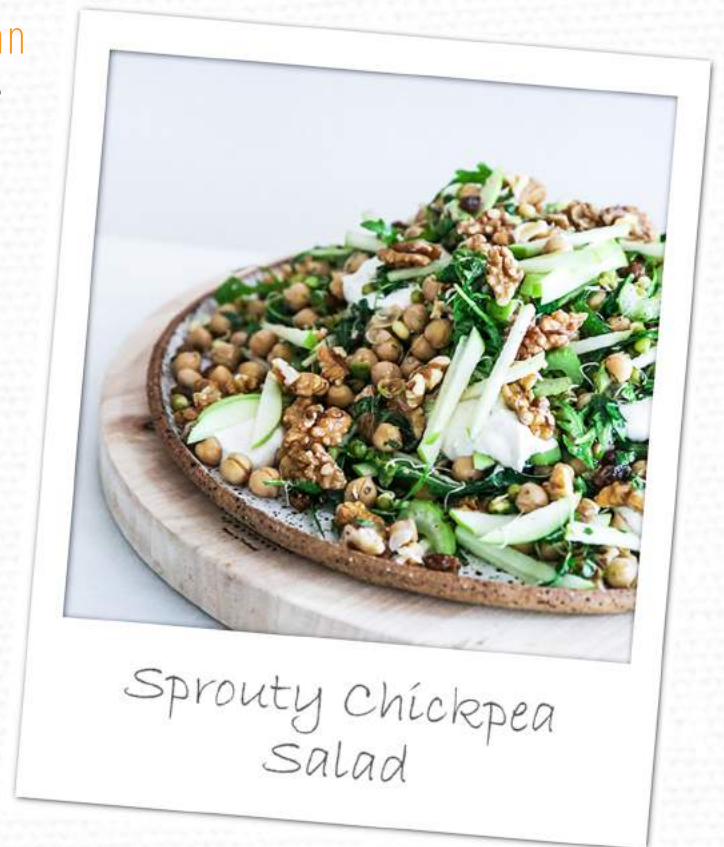
- 2 x 400g cans chickpeas, rinsed and drained
- 1 cup mung beans
- ½ cup alfalfa sprouts
- 2 cups rocket
- 2 stalks celery, finely chopped
- ¼ cup parsley leaves plus finely chopped stalks
- ¼ bunch basil, leaves roughly torn
- 3 teaspoons dried mint - optional but delicious
- 4 shallots, white part finely chopped
- ½ cup walnuts, roughly chopped
- ¼ cup raisins/sultanas/currants (whatever is on hand)
- 3 tbsp mini capers
- 1 green apple, finely sliced
- 3 tbsp extra virgin olive oil
- 2 tbsp apple cider vinegar
- Sea salt and black pepper

TAHINI YOGHURT DRESSING

- ¾ cup greek natural yoghurt or use coconut yoghurt if dairy free
- 1½ tbsp tahini

SERVES 4 AS A SIDE - READY IN 20 MINS

- 1 In a large mixing bowl toss together chickpeas, mung beans, alfalfa, rocket, celery, herbs, shallots, walnuts, raisins, capers and apple.
- 2 Drizzle extra virgin olive oil and apple cider vinegar over the salad, season with sea salt and black pepper and toss again gently.
- 3 Make the dressing by whisking the yoghurt and tahini in a small bowl.
- 4 When ready to serve arrange in a large serving bowl or on a platter with dollops of tahini yoghurt.



8. MAINS & SIDES

Chrissy Freer is a qualified nutritionist, health author and recipe developer who is passionate about helping others adopt eating habits that simply become a way of life.

Chrissy's signature style sees her creating delicious recipes with a holistic health focus.

[@chrissyfreer_food](https://www.instagram.com/chrissyfreer_food)

INGREDIENTS

- 2 tbsp olive oil
- 1 long red chilli, deseeded and finely chopped
- 2 garlic cloves, crushed
- 500g baby calamari, cleaned, tentacles reserved
- 300g peeled raw prawns (shrimp), deveined
- 2 tbsp coarsely chopped dill
- 1½ tbsp lemon juice
- 1 tsp finely grated lemon zest
- Pinch of caster sugar
- 1 x 400g can cannellini beans, drained and rinsed
- 16 asparagus spears, trimmed
- Olive oil spray, for coating
- 100g baby rocket leaves
- Lemon wedges to garnish



Grilled Seafood Salad
with Beans

SERVES 4 - READY IN 30 MINS

- 1 Combine 1 tablespoon of the olive oil, the chilli and the garlic in a shallow glass or ceramic dish.
- 2 Score the inside of the calamari and cut into 4 cm (1½ inch) squares. Add them to the olive oil mixture along with the reserved tentacles and prawns and stir to coat. Cover and set aside in the refrigerator to marinate for 1–2 hours.
- 3 Combine the remaining olive oil, dill, lemon juice, lemon zest and sugar in a large bowl. Add the cannellini beans and stir to coat.
- 4 Preheat a chargrill pan or barbecue plate over high heat. Spray the asparagus lightly with olive oil. Grill the asparagus for 1 minute each side or until lightly charred and tender. Add to the bean mixture.
- 5 Grill the calamari and prawns in batches for 1–2 minutes each side or until lightly charred and just cooked (be careful not to overcook the calamari or it will become tough). Remove and add to the bean mixture. Add the rocket and gently toss to combine. Serve immediately with lemon wedges.

9. MAINS & SIDES

Caroline Trickey is a dietitian, cook and ex-cafe owner, who believes that the food we eat daily must be delicious, flavour-packed and nutritious.

healthyhomecafe.com

INGREDIENTS

- 1 tbsp ground linseeds
- 2 cups of whole grain breadcrumbs
- ½ cup walnuts
- ¼ cup extra virgin olive oil, plus extra
- 2 tbsp nutritional yeast or Parmesan cheese
- 100g Swiss brown mushrooms, sliced
- 1 clove garlic, crushed
- 3 spring onions, sliced
- 1 tsp fresh thyme leaves
- 300g firm silken tofu
- 2 tbsp milk of choice
- ½ tsp salt
- freshly ground black pepper
- ½ a 400g tin of lentils, drained and rinsed



SERVES 4 - READY IN 45 MINS

- 1 Heat oven to 180°C.
- 2 Start by making the crust, mix the ground linseeds with 3 tbsp water and set aside.
- 3 Place the breadcrumbs, walnuts, olive oil and 1 tbsp nutritional yeast in the bowl of a food processor and pulse until combined - be careful not to crush the walnuts up too much.
- 4 Pour into a bowl and stir through the linseed mix.
- 5 Press evenly into the base of your chosen tart tin - you can use mini ones or one 20cm quiche pan.
- 6 Heat a frying pan over a medium heat and when hot, add a drizzle of olive oil and the mushrooms - saute for a few minutes until they start to brown.
- 7 Add the garlic and spring onions and saute for a further minute, before removing from the stove.
- 8 Place the tofu, milk, remaining nutritional yeast, salt and pepper in the bowl of a food processor and blend until smooth.
- 9 Tip mixture into a bowl and fold through the lentils and most of the mushrooms, reserving a few for the top of the tart.
- 10 Pour the filling into the crust, sprinkling remaining mushrooms and spring onions over the top.
- 11 Bake in preheated oven for 20-25 minutes, until set.
- 12 Remove from oven and allow to cool for 10 minutes before removing from tin.

10. MAINS & SIDES

Anna & Alex are a pair of no-nonsense dietitians who founded The Biting Truth. The duo love exposing nutritional myths and helping people separate science from pseudoscience.

[@thebitingtruth](https://www.instagram.com/thebitingtruth)



INGREDIENTS

- 400g edamame beans
- 2-3 zucchinis
- 1 avocado
- 1 small handful fresh mint, roughly chopped
- 1 small handful fresh coriander, roughly chopped
- 1 tsp sesame seeds, to serve

DRESSING

- 2 limes
- 2 tsp sesame oil
- 2 tsp salt-reduced soy sauce
- 2 tsp rice wine vinegar
- 2 tbsp extra virgin olive oil

SERVES 2 - READY IN 20 MINS

- 1 Prepare edamame beans according to packet instructions.
- 2 Meanwhile, use a spiralizer to make noodles out of the zucchinis.
- 3 To make the dressing, whisk together sesame oil, soy sauce, rice wine vinegar and extra virgin olive oil. Remove a cheek from each lime and juice the rest of the lime. Whisk lime juice into the dressing.
- 4 Just before serving, cut the avocado into small cubes.
- 5 In a mixing bowl, place zucchini noodles, edamame beans, avocado, mint, coriander and pour over the dressing. Toss the salad to coat the vegetables in the dressing.
- 6 To serve, divide the salad over 2 plates. Sprinkle with sesame seeds and season with a generous amount of freshly cracked black pepper. Serve with a cheek of lime and enjoy!

11. MAINS & SIDES

Nicole Dynan is an Accredited Practising Dietitian and Sports Dietitian also known as 'The Gut Health Dietitian,' specialising in gut health, food intolerances and plant-based diets.

[@the.guthealthdietitian](https://www.instagram.com/the.guthealthdietitian)

INGREDIENTS

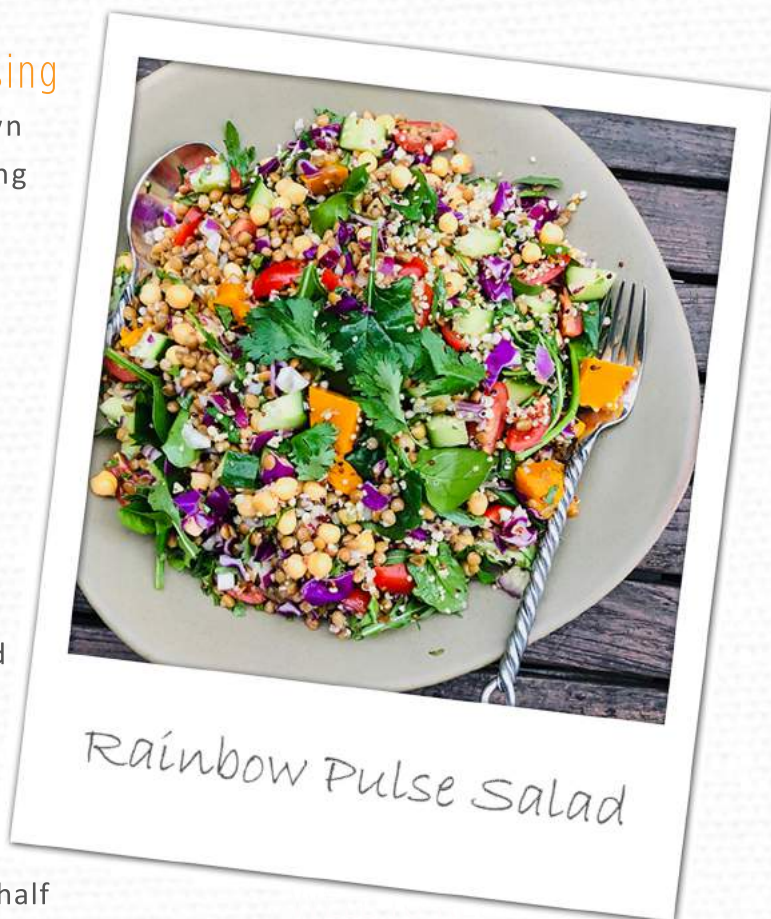
- 1 cup pumpkin, chopped
- 2 tbsp extra virgin olive oil (EVOO)
- ½ cup buckwheat
- ½ cup tricolour quinoa
- 1 400g can brown lentils, drained and rinsed
- 1 400g can chickpeas, drained and rinsed
- 2 large garlic cloves, crushed
- 1 small red onion, finely diced
- 1 small red capsicum, finely chopped
- ½ punnet mini Roma tomatoes, chopped in half
- 1 Lebanese cucumber, chopped
- 1 cup red cabbage, chopped
- 1 large handful baby spinach leaves
- ½ cup chopped fresh, leafy herbs, (parsley, coriander, basil)

LEMON DRESSING

- ¼ cup fresh lemon juice (~2 lemons)
- 2 tbsp extra virgin olive oil
- 1 tsp seeded mustard
- ¼ tsp sea salt
- Freshly ground black pepper, to taste

SERVES 2 - READY IN 30 MINS

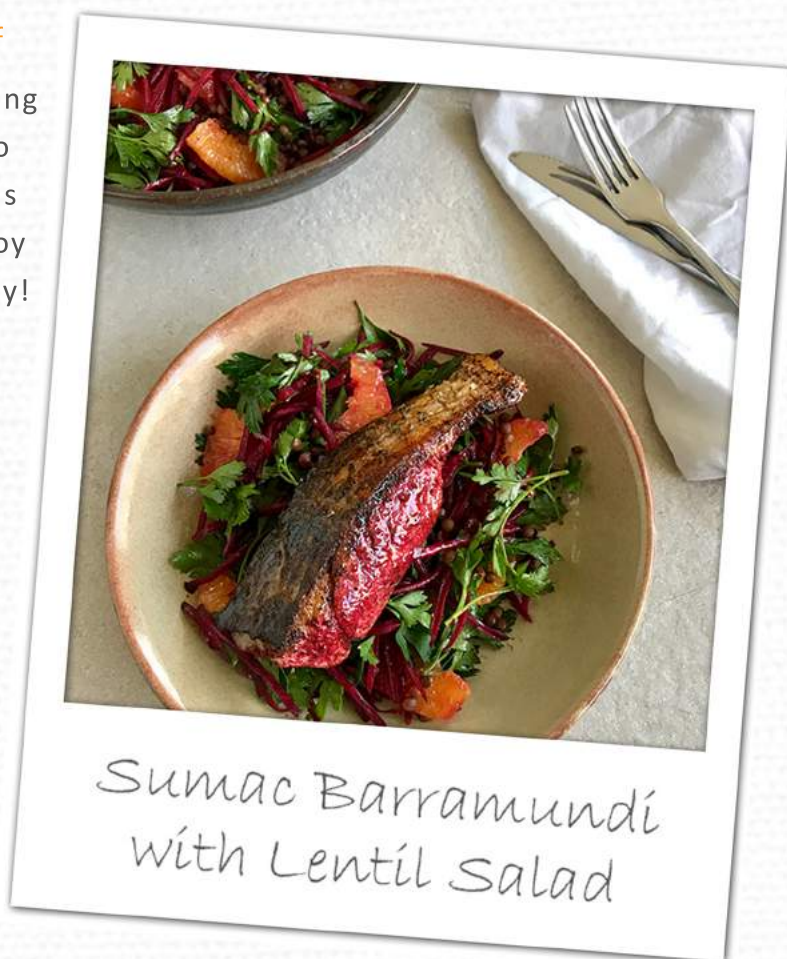
- 1 Pre-heat oven to 200°C.
- 2 Place pumpkin on a baking tray with a drizzle of EVOO and roast for 20 mins.
- 3 Rinse the grains and boil for 8 mins in the same saucepan; drain and rinse with cold water once soft.
- 4 Rinse the lentils and chickpeas and place in a large bowl with grains.
- 5 Add in garlic, onion, EVOO, all chopped veggies, spinach and herbs and mix gently.
- 6 Prepare dressing in a separate bowl and dress salad as preferred.



12. MAINS & SIDES

Callum & Themis are co-owners of Sprout, a 100% hands on interactive cooking school and health studio. Sprout aims to equip everyday Australians with the skills and knowledge required to cook and enjoy fresh healthy and delicious food every day!

sprout.edu.au



INGREDIENTS

- ½ cup dried brown lentils
- 2 tbsp olive oil
- 1 tbsp sumac
- 4 x 150g Barramundi fillets, skin on
- 2 oranges, segmented over a bowl to catch the juice
- 1 tbsp white wine vinegar
- 2 tsp Dijon mustard
- 2 beetroot, grated
- ½ fennel bulb, grated
- 1 bunch of parsley, leaves picked

SERVES 4 - READY IN 30 MINS

- 1 Bring a large saucepan of water to boil. Add lentils, reduce heat and simmer for 20-25 minutes or until tender. Remove from the heat, drain and allow to cool.
- 2 Heat 1 tablespoon of the olive oil in a large frypan over medium-high heat. Rub sumac over flesh sides of the barramundi and season with a pinch of salt if desired. Add the fish to the pan, skin side down. Cook for 2-4 minutes depending on thickness, turn over and reduce heat to medium-low, then cook gently until just cooked through.
- 3 Combine remaining tablespoon of olive oil, orange juice, white wine vinegar and Dijon mustard in a large bowl. Add lentils, beetroot, fennel, orange segments and parsley then toss gently to coat.
- 4 Divide salad between serving bowls and top with the fish to serve.

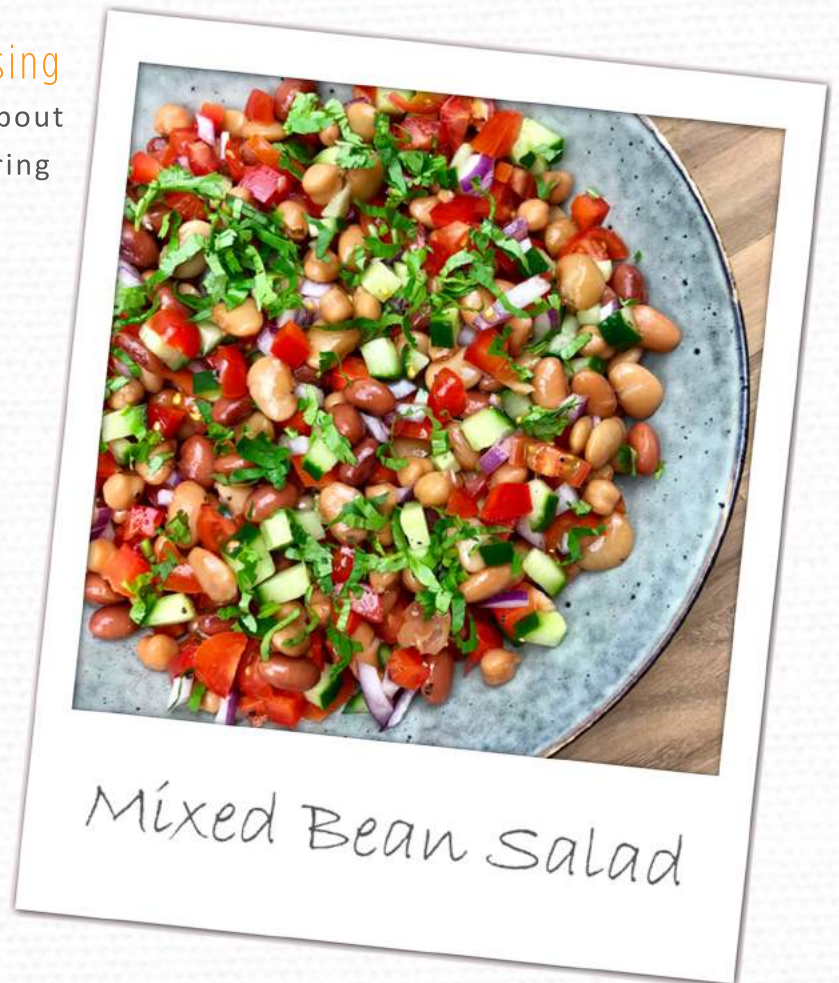
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13. MAINS & SIDES

Savina Rego is an Accredited Practising Dietitian from Perth. She is passionate about dispelling nutrition myths and empowering individuals to build a healthier relationship with food.

[@thesavvydietitian](https://www.instagram.com/thesavvydietitian)



INGREDIENTS

- 1 x 400g can mixed beans, drained and rinsed
- 1 small cucumber, diced
- ½ punnet grape/cherry tomatoes, halved or diced
- ¼ red onion, diced
- ½ medium avocado, diced
- Chopped coriander (optional)

DRESSING

- 1 tbsp apple cider vinegar
- 1 tbsp lemon juice
- 1 tsp honey, maple syrup or sugar
- Salt & pepper to taste

SERVES 6 AS A SIDE AND 2-3 AS A MAIN - READY IN 15 MINS

- 1 Add beans, diced onion, tomato, avocado and cucumber to a bowl and mix
- 2 In a separate bowl, whisk together dressing ingredients
- 3 Add dressing to bean salad and mix well.



Desserts & Sweet Treats

14. DESSERTS & SWEET TREATS

Kathleen Alleaume is an Exercise Physiologist and Nutritionist, author and founder of The Right Balance Consultancy Ltd. Kathleen has established herself as a leading figure among health and fitness experts in Australia where she develops fresh, cutting edge health content.

therightbalance.com.au



INGREDIENTS

- ¼ cup dried red lentils
- 1 ½ cups almond meal
- 1 tbsp baking powder
- Pinch of salt
- ½ tsp ground cinnamon
- ½ cup milk or milk alternative
- 2 eggs, lightly beaten
- 2 tbsp maple syrup, plus extra for drizzling
- Greek yoghurt to serve
- Raspberry chia jam

VISIT OUR WEBSITE TO
FIND THE RECIPE FOR
KATHLEEN'S RASPBERRY
CHIA JAM!

SERVES 2 - READY IN 30 MINS

- 1 Place lentils in a small saucepan and cover with water. Bring to a boil, turn heat down to low and allow to simmer for 7 to 10 minutes until lentils are soft. Drain and place cooked lentils in a food processor and blend to a smooth puree.
- 2 Mix almond meal, baking powder, salt and cinnamon until combined. Add milk, eggs, maple syrup and pureed lentils and whisk to combine.
- 3 Heat a large frypan over medium-low heat. Spray with oil and spoon tablespoons of lentil batter into the pan to make small pancakes - cook for 1-2 minutes on each side or until slightly browned and cooked through.
- 4 Top pancakes with fruit, yoghurt, maple syrup and raspberry chia jam if desired.

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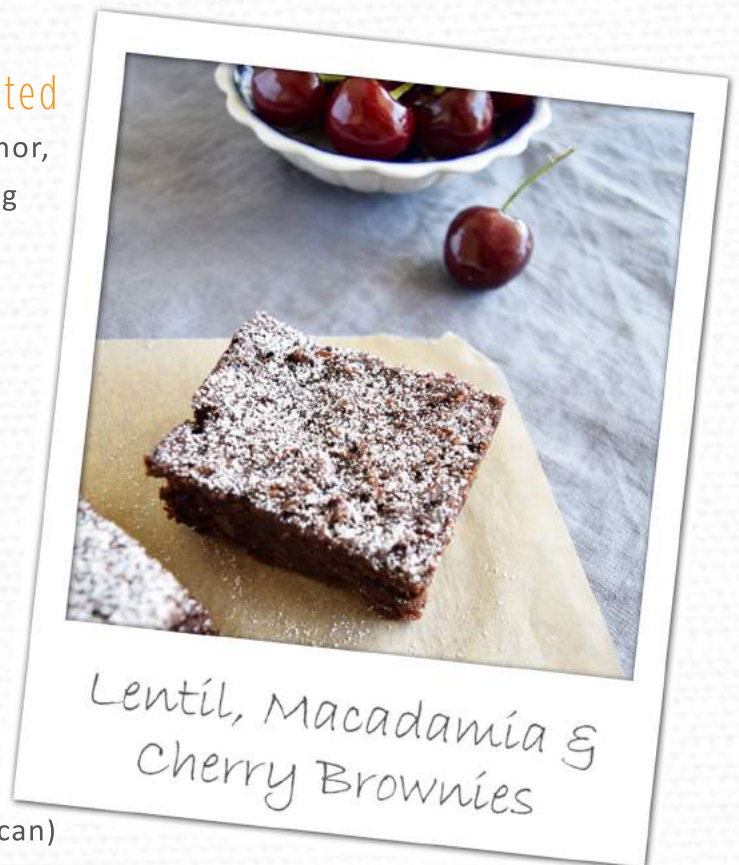
15. DESSERTS & SWEET TREATS

Nicole Senior is an experienced Accredited Practising Dietitian, Nutrition consultant, author, cook and food enthusiast, who loves making healthy food that tastes delicious.

[@nicolesenior](https://www.instagram.com/nicolesenior)

INGREDIENTS

- 100g dark chocolate, chopped
- 50g macadamias
- ⅓ cup desiccated coconut
- ½ cup brown sugar
- ⅓ cup almond meal
- ½ tsp baking soda
- ½ cup cocoa powder
- 1½ cups cooked brown lentils (or 1 x 400g can)
- ¾ cup fresh medjool dates (or soaked regular dates*)
- ¾ cup pitted prunes
- 3 tbsp smooth peanut butter
- 2 eggs
- 200g frozen or fresh cherries, chopped



MAKES 16 - READY IN 60 MINS

- 1 Preheat oven to 180°C. Line a 23cm square cake pan with baking paper.
- 2 Pulse the chocolate and macadamias in a food processor until finely chopped.
- 3 Add coconut, brown sugar, almond meal, baking soda and cocoa and pulse until combined. Remove from processor and place in a bowl.
- 4 Pulse the lentils, dates, prunes, peanut butter and eggs until the mix comes together - scrape the sides to ensure everything is mixed in.
- 5 Slowly add the dry mixture back into the food processor until mixed thoroughly with the wet ingredients. Stir in the chopped cherries.
- 6 Spoon mixture into the pan - (it's a thick mix!) so push into the corners and flatten the top. Bake for 40-45 minutes.
- 7 Remove from the oven and allow to sit in the pan for 10 minutes. Transfer onto a wire rack until cool, then slice into 16 pieces and dust with icing sugar if desired.
- 8 Any that aren't enjoyed on the day of baking can be stored in the fridge in an airtight container for 2-3 days - the brownies can also be frozen.

gln.org.au

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16. DESSERTS & SWEET TREATS

Lupins are such versatile legumes and can be used widely in baking and cooking. We've used them here to add an extra crunch to our spin on this typically wintery dessert!

[@grainslegumesnc](https://www.instagram.com/grainslegumesnc)

OUR SUMMER
CRUMBLE CAN
ALSO BE MADE
INDIVIDUALLY IN
4 GLASSES



INGREDIENTS

- 50g lupin flakes
- 50g oats
- 1 tbsp olive oil
- 1 tsp maple syrup or honey
- ½ tsp cinnamon
- ½ tsp ground ginger
- 2 x punnets of berries; raspberries, blueberries, strawberries (sliced)
- 750g Greek yoghurt or vanilla yoghurt

SERVES 4 - READY IN 20 MINS

- 1 Preheat your oven to 200°C.
- 2 First, make the crumble mixture. In a large mixing bowl combine the lupin flakes and oats.
- 3 Mix the olive oil and maple syrup or honey in a separate small bowl and add to the lupin mix once combined. Stir thoroughly.
- 4 Spread the mix out on a baking tray and bake for 15-20 minutes or until golden brown and crispy.
- 5 Layer a third of the berries in a large serving bowl, followed by a third of the yoghurt, then a sprinkle of the lupin crumble. Repeat until you have three layers and all the ingredients are used, topping with more berries and the last of the lupin crumble. Serve immediately!

glnc.org.au

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17. DESSERTS & SWEET TREATS



The One Handed Cooks Team

create delicious recipes which inspire people to cook beautifully simple, healthy food for their children. Their recipes are all quick and easy to make, just like these innovative Chickpea Cookies which make the perfect snack for the whole family or a delicious gift for a loved one!

onehandedcooks.com.au

TOP TIP...
WHEN
USING CANNED
LEGUMES, RINSE
WELL TO REDUCE
SALT BY UP TO
40%!

INGREDIENTS

- 1 x 400g can chickpeas, rinsed and drained
- ½ cup 100% peanut butter*
- ½ cup brown sugar
- 1 tsp baking powder
- 1 tsp vanilla extract
- ½ cup sultanas
- ½ cup rolled oats**

*Nut free: substitute the peanut butter for softened unsalted butter (no longer dairy free)

**Gluten free: omit the oats

MAKES 18 - READY IN 20 MINS

- 1 Preheat the oven to 180°C and line a large baking tray with baking paper.
- 2 Combine the chickpeas, peanut butter, sugar, baking powder and vanilla extract in a food processor and process until well combined.
- 3 Transfer the mixture into a bowl and stir through the sultanas and oats. (You can freeze some of the mixture at this point).
- 4 Roll tablespoonfuls of the mixture into balls, place them on the baking tray and flatten gently.
- 5 Place in the oven and bake for 10-15 minutes. Allow biscuits to cool on a wire rack.
- 6 Store the biscuits in the fridge for up to a week, or freeze individually.