

Legumes

Tips and tricks to enjoying them more often

FACT SHEET

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.

Legumes are a great bang for your buck. Full of nutrients for a fraction of the cost of animal protein like meat and fish.¹



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

THREE EASY STEPS:

1. Rinse in water and remove any 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 (six to eight hours).
3. Change the water and gently boil the legumes until they are the texture you prefer.

How much do I need?

Aiming to eat legumes 2-3 times a week is a great start. But, eating different legumes four or more times a week is best for reducing your risk of chronic disease.²

One serve as a vegetable side dish = 75g or ½ cup cooked legumes

One serve in place of meat = 150g or 1 cup cooked beans, peas or lentils



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' method. Bring a large pot of water to the boil, add legumes, return to boil. Turn off, cover and stand for one hour.

For more legume cooking tips visit www.glnc.org.au/legumes.

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.

Enjoy as a 'meat' or veggie

Legumes are recommended as part of the 'vegetables' food group because they contain a range of vitamins and minerals just like vegetables.

Legumes also contain protein, iron and zinc so the Dietary Guidelines recommend all Australians include legumes regularly in place of meat.³

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.



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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 homemade 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

Make legumes for kids too!

The Australian Dietary Guidelines recommend legumes for children of all ages. For infants 6-12 months, try pureeing beans with different vegetables.

Lemon, garlic and bean salad

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



Recipe and image kindly supplied by Edgell.

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

	PER SERVE
ENERGY (kJ)	790
PROTEIN (g)	8
FAT - TOTAL (g)	10
- SATURATED (g)	1
CARBOHYDRATES (g)	17
DIETARY FIBRE (g)	8
SODIUM (mg)	377

Check out some quick and easy recipes like Traditional Pea and Ham Soup or Mung Bean Dip at www.glnc.org.au.



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Visit www.glnc.org.au to download recipes, fact sheets and subscribe to GLNC's e-newsletter to learn more about the benefits of grains and legumes. | For all references cited go to www.glnc.org.au/resources/fact-sheet-references.

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