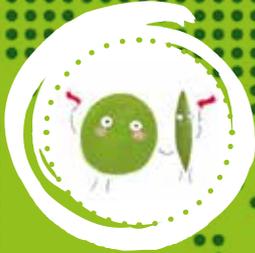
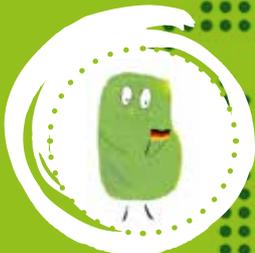
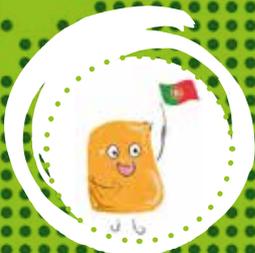
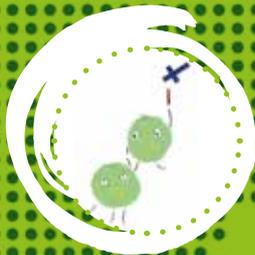


# Easy peasy legume recipes for kids across the globe!





## Preface

Legumes, or „pulses“ are a cheap and environmentally friendly alternative to animal protein, providing several micro- and macronutrients. However, while beans, lentils and Co. have always been enjoying great popularity in oriental and North African countries, the consumption in Europe does not comply with the nutritional recommendations.

With this book we aim to raise the popularity of legumes among children and their parents by showing how easily delicious legume dishes can be prepared. Beans, peas and Co. are not only highly variable in taste and possible preparation methods but they are also colourful and come in many different shapes; that makes them visually appealing to children.

Given this book, being a collection of delicious recipes, general information and a manual on cooking legumes, we encourage you as parents to let your children take part in the cooking process. They will be happy to prepare their own food, to learn about healthy choices and where our food comes from. The „little legume manual“ will give brief instructions on the general cooking process of legumes, followed by short characterizations of common legume varieties on the European continent.

This book has been made possible in the context of TRUE project (Transition paths to sustainable legume-based systems in Europe). It aims for the improvement of sustainable legume cultivation and consumption across Europe.



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The background colours of the recipes will tell you right away if the dish is from the **Atlantic**, **Mediterranean** or **Continental** area or comes from a **non-European country**.

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## Little legume manual

The cooking process of legumes tends to constitute an obstacle and leads to the abandonment of them as part of the diet. When being used, pre-cooked legumes are usually the method of choice as they are easily accessible in the supermarkets and ensure an easy and quick way of preparing a legume-based meal.

However, purchasing the dried seeds and cooking them at home functions as the cheaper, much tastier and also more valuable option, as more of the healthy components maintain. We encourage you to try this, as it only requires a little bit more planning. The following pages will give a quick overview on how to cook and store legumes.

### Note:

The recipes in this book will always give you both the dry and cooked amounts needed. So if you need to cook the dry legumes, stick to the **smaller number**. If you already have precooked legumes at home, take the **bigger amount** given, and follow the instructions on the following pages.

If the cooking process for the legumes differs from the general one, the recipe will say so.



### Ingredients:

- 1 medium onion
- 4 carrots
- 4 garlic cloves
- 4 celery stalks
- 1 butternut squash
- 2 tbsp canola oil
- 2l vegetable stock
- **250g (600g)** kidney beans
- 1 can corn kernels (285g)
- 2 tsp dried thyme (or 4 tsp fresh)
- 1 tsp pepper



# Little legume manual

Cooking legumes takes some time, yes. But it is totally worth it! There are at least four good reasons to cook legumes at home:

1. You will get a much more **COLORFUL** result
2. Dry legumes are much cheaper than the canned, pre-cooked versions
3. You can cook big amounts and just freeze everything that is too much
4. It is easier than you think:

The day before:



Pour enough cold water over beans or chickpeas to cover completely (1 part legumes in 3 parts water) and soak overnight. This reduces the cooking time and removes antinutrients which could cause flatulence.

The next day, drain the soaking water and rinse legumes with fresh water.



Bring to a boil in a pot with water (2-3 parts water for 1 part of legumes) and boil for 45-90 minutes.

Check every now and then by trying to squeeze one grain between your fingers: If it feels soft, it is done.

# Little legume manual

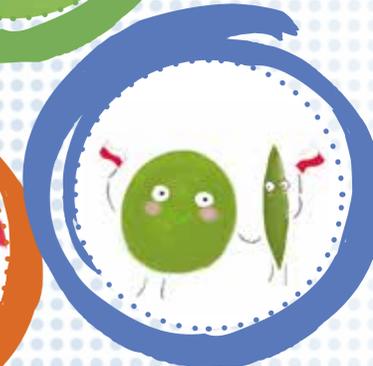
Storing legumes is even easier than cooking them:

- Dry legumes can be stored for months without losing their nutritional value! Just make sure you keep them in a dry, dark and cool place.
- If you decide to freeze already cooked legumes, you have up to 6 months to eat them. Just take them out of the freezer a few hours in advance and let them defreeze in the fridge.

100g of dry beans or chickpeas will make about 220 to 250g cooked legumes.

The cooking time does not only depend on storage condition and the age of the legumes but also on the type of dish you are using them for:

For Hummus you might want your chickpeas a little softer than for a Chili sin carne!



Many friends from all over the world shared their favourite recipes with us! Can you tell where they come from?

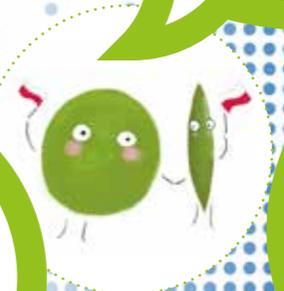


## Happea legume heroes

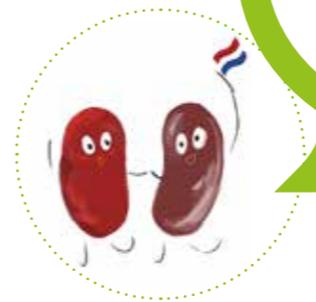
I am the lupine and the Portuguese love me. Probably because I am very rich on Folate, Iron and Zinc. But maybe also because I am cute. I present to you amazing burgers!



We are the green pea pals and we are so awesome, that people also give us to their animals! You can buy us either frozen, fresh or dried.



We are the black and red bean. You can guess which of us has seen too much sun. We present to you Codfish wrapped in parchment paper!



I am the white bean. I am a little big but the height doesn't matter. I am full of protein and love for all of you. I present to you the Irish Bean Colcannon, a popular dish for St. Patrick's day!

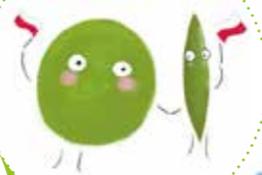


# Happea legume heroes

I am the fava bean. Back home in Germany they call me „fat bean“. But I am so much more than that! I can grow on sea level as well as in the mountains! Also, have you ever seen a bean making popcorn? Wait for it!



We are the lentil family! We come in many different shapes and colours and we will show you how to make the famous Polish Pierogi!



I am princess Catarina and I am coming all the way from Brazil. The black-eyed pea captured me on its ship, but now I am free!



Raww, I am the black-eyed bean and I am coming from the wild sea to board your plate! See how well I am connected to the animals of the sea in the tuna salad!



I am the chickpea and I can be turned into delicious Hummus! Did you know that in Ancient Rome, one of the most prominent families, Cicero, was named after me?



## Did you know ...

... that for 1kg of legumes you need 10 times less water than for the same amount of beef?



... that they are a cheap source of proteins which are important for many processes in your body?



... that the high amount of dietary fibre will keep you satisfied until the next meal?

... that already 10.000 years ago people consumed legumes?



... that legumes contain Folate and Calcium which are important for your physical growth?



# Starters



# Alb-lentil salad with oak leaf

Alb-lentils are a certain variety which is grown in a specific area in south-west Germany. In the local dialect, the lentils are called „Alb-Leisa“.



8 portions



60 min



Nutritional values of 1 serving	
Energy:	287 kcal
Fats:	15g
of which saturated:	1,2g
Carbohydrates:	33g
of which sugars:	11g
Proteins:	8,5g
Dietary fibre:	7,6g



## Preparation

Rinse the lentils and bring to a boil in the vegetable stock. Boil for 20 minutes or until soft. Put to a sieve, save the draining water.

Finely dice shallots and fry on hot oil until translucent. Add the grape juice and reduce to 3 tbsp of volume. Mix with 2-3 tbsp of vinegar.

Rinse celery and carrots. Cut the carrot into long, thin stripes with a potato peeler. Cut the celery into thin slices. Mix carrots and celery with some salt in a bowl and marinate.

Rinse and dry the salad, roughly pluck into pieces. Finely chop the parsley.

Mix lentils with the grape juice reduction, add carrots, celery, salad, oil and parsley. Temperate with salt.

This salad is traditionally being served as a side dish to hearty mains such as pork in a bread cover.

## Ingredients:

- 250g dry Mountain lentils
- 500ml vegetable stock
- 2 shallots (50g)
- 2 tbsp neutral oil
- 250ml grape juice
- 3 tbsp red wine vinegar
- 300g celery
- 3 carrots (350g)
- ½ oak leaf salad (300g)
- 8 springs of curly parsley
- 6 tbsp walnut oil (or olive oil)



# Black-eyed bean salad with tuna

This salad is a popular summer dish in Portugal and combines many ingredients common in Portugal.



8 portions



60 min



## Nutritional values of 1 serving

Energy: 296 kcal

Fats: 14g

of which saturated: 2,3g

Carbohydrates: 16g

of which sugars: 4g

Proteins: 27g

Dietary fibre: 3,2g

## Preparation

Boil the eggs, chop tomatoes, onion, lettuce and pepper. Squeeze the lemon and season vegetables with lemon juice, olive oil, salt and pepper. Add beans and tuna and mix well.

Peel the egg and cut into slices. Serve the salad with olives, parsley and eggs.

## Ingredients:

- 2 eggs
- 200g berry tomatoes
- 1 small onion
- 200g lettuce
- 1 green pepper
- 1/2 lemon
- 50ml olive oil
- Parsley
- Some black olives
- Salt
- Pepper
- 100g (230g) black-eyed beans
- 3 cans of natural tuna

# Fava bean soup with popcorn

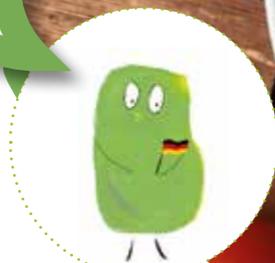
You can make more popcorn and enjoy it as a dessert!



6 portions



60 min



## Nutritional values of 1 serving

Energy: 458 kcal

Fats: 19,9g

of which saturated: 10g

Carbohydrates: 52g

of which sugars: 5,8g

Proteins: 21g

Dietary fibre: 16g

## Ingredients:

- 2kg of fresh fava beans (600g frozen)
- 80g shallots
- 1 garlic clove
- 100g potatoes
- 20g butter
- 4 tbsp vermouth (can be substituted by grape juice/vinegar)
- 700ml vegetable stock
- 200ml cream
- 8 cherry tomatoes
- 1 tsp lemon peel of an organic lemon
- Salt
- Pepper

## To serve:

- 40g corn grains
- Sweet paprika spice

## Preparation

Remove fava beans from the pod. Blanch shortly in salted boiling water. Give to a sieve, quench and remove peel by squeezing the bean between the fingers. Finely dice shallots and garlic. Peel and chop potatoes (1/2cm pieces).

Melt butter in a pot on medium heat, add shallots and garlic and stir until translucent. Add potatoes and stir for 2 minutes. Deglaze with Vermouth. Add vegetable stock, 100ml of cream and 350g of fava beans. Let cook 8-10 minutes on medium heat without the lid. Temperate with salt and pepper.

Give olive oil and corn grains to another pot on medium heat. Close the lid and wait for grains to pop. Once the popping has stopped, remove from the stove. Add sweet paprika and mix carefully. Cut the tomatoes in half.

To the soup, give the rest of the cream, bring to a boil and remove from the stove. Puree very finely with a hand-held blender and temperate with salt, pepper and lemon peel. Serve with tomatoes, fava beans and popcorn.

# Hummus with deep-fried vegetables

It is helpful if I am still hot when being processed. You can do many varieties: add beetroot, egg plant, pumpkin ...



6 portions



60 min



Nutritional values of 1 serving
Energy: 889 kcal
Fats: 66,4g
of which saturated: 8g
Carbohydrates: 61g
of which sugars: 7g
Proteins: 16g
Dietary fibre: 9g

## Ingredients:

### Hummus:

- 170g (400g) chickpeas
- 1-2 lemons, grated zest and juice of them to taste
- 100g tahini
- 1/2 garlic clove
- 1 levelled tsp ground cumin
- 1/2 tsp salt
- Freshly ground pepper
- Paprika spice, to taste
- 150ml olive oil

### Deep-fried vegetables:

- 2l deep-frying oil
- 400g varied vegetables (carrots, asparagus, pumpkin, zucchini, onion etc.)
- 125g flour
- 1 egg
- 200g bread crumbs

## Preparation

### Hummus:

Drain the chickpeas, keep the water and set aside. Transfer the chickpeas to a food processor. Add the lemon zest, lemon juice, tahini, garlic, ground cumin, salt, pepper, paprika and olive oil.

Beat until the chickpeas are pureed and all of the ingredients are completely combined. Add as much of the reserved water as needed to make the hummus as smooth and creamy as you like. Beat again, until completely incorporated and smooth. Taste the hummus and adjust the seasoning and lemon juice according to your preferences.

### Deep-fried vegetables:

Heat the deep-frying oil in a pot on the stove. Peel and cut the vegetables into handy pieces. Mix well the flour and the egg and add some water if too thick. Put the breadcrumbs to a plate. When the oil is hot enough (if you stick in a wooden spoon, it makes little bubbles come up), lower the heat and give each piece of vegetable first to the flour and egg liquid and then flip it in the breadcrumbs. Deep-fry in the oil until gold brown and crispy.

# Lemony lentil chickpea salad

## Did you know ...?

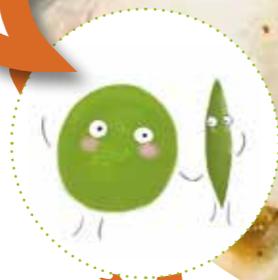
... that it is an Italian tradition to eat a portion of lentils just before New Year's Eve, so you will have luck and money for the next year?



5 portions



60 min



## Nutritional values of 1 serving

Energy: 349 kcal

Fats: 12g

of which saturated: 1,6g

Carbohydrates: 46g

of which sugars: 3,6g

Proteins: 17g

Dietary fibre: 13g

## Preparation

Peel and halve 2 garlic cloves. Rinse the lentils under running water in a sieve. In a medium pot, combine the lentils, the 2 garlic cloves, 2 tbsp of olive oil and 1l of water. Bring the water to a boil, then reduce heat to a gentle simmer and cook until the lentils are cooked through and tender (20-35minutes). Drain the lentils and discard the garlic cloves.

Mince the last garlic clove and squeeze the lemons. Whisk together with mustard, honey or maple syrup, salt and pepper in a small bowl. Chop the radishes and herbs. In a large serving bowl, combine the lentils, chickpeas, radishes and herbs. Drizzle in the dressing and toss to combine.

## Ingredients:

- 3 large garlic cloves
- 250g dry black Beluga lentils or French green lentils
- 4 tbsp olive oil
- 2 lemons
- 1 tsp Dijon mustard
- 1 tsp honey or maple syrup
- 1/4 tsp salt
- Pepper
- 1 big bunch of radishes
- 1/4 cup chopped fresh leafy herbs (e.g. mint and dill)
- 60g (150g) chickpeas

# Scottish lentil soup

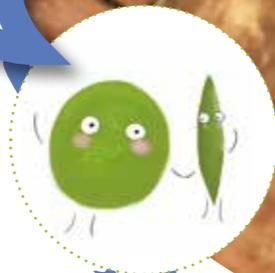
Lentils can be brown, green, red or black. The red ones take shorter time to cook as they are peeled already.



4 portions



25 min



## Nutritional values of 1 serving

Energy: 298 kcal

Fats: 6,3g

of which saturated: 0,9g

Carbohydrates: 48g

of which sugars: 8,4g

Proteins: 14g

Dietary fibre: 9,2g

## Preparation

Rinse the lentils well. Peel and chop the carrots, dice onion and crush garlic.

Heat the olive oil, with a twist of pepper, in a large pan over medium heat. Once oil is hot, add the onion and carrots. Sauté for a few minutes, until the vegetables have started to soften, then add the garlic, stir-fry until the garlic takes some colour. Add the lentils, bay leaf and stock to the pot. Simmer over low-medium heat for 15-20 minutes until lentils are softened.

Add a squeeze of fresh lemon juice just before serving and serve hot with parsley and crusty bread.

## Ingredients:

- 225g dry red lentils
- 2 carrots
- 1 onion
- 2 garlic cloves
- 1,5 tbsp olive oil
- Pepper
- 1 bay leaf
- 1,5l vegetable stock
- Salt
- A squeeze of lemon juice

## To serve:

- Some chopped parsley
- Crusty bread

# Three sisters soup

## Did you know ..?

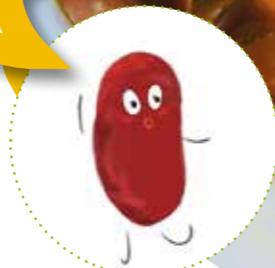
... the „Three sisters“, corn, bean and squash, were the three main crops cultivated and consumed by the American Indian tribes.



8 portions



45 min



## Nutritional values of 1 serving

Energy: 257 kcal

Fats: 4,2g

of which saturated: 0,4g

Carbohydrates: 49g

of which sugars: 9,9g

Proteins: 9,9g

Dietary fibre: 11g

## Preparation

Dice onion, mince garlic and chop vegetables, cube the squash. Heat oil in a large saucepan. Add onions and sauté over medium heat, stirring often until golden, about 2 minutes.

Add carrot, garlic and celery and sauté for another 8 minutes, or until softened. Add vegetable stock and bring to a boil. Turn down heat and add squash. Simmer, covered, for 8 minutes, stirring occasionally.

Add beans, corn, thyme and pepper. Stir and simmer another few minutes, until squash is soft with a fork.

Serve with crusty whole grain bread.

## Ingredients:

- 1 medium onion
- 4 carrots
- 4 garlic cloves
- 4 celery stalks
- 1 butternut squash
- 2 tbsp canola oil
- 2l vegetable stock
- 260g (600g) kidney beans
- 1 can corn kernels (285g)
- 2 tsp dried thyme (or 4 tsp fresh)
- 1 tsp pepper

# White bean and tomato soup

In Portugal, every meal starts with a soup!



8 portions



35 min



## Nutritional values of 1 serving

Energy: 175 kcal

Fats: 3,8g

of which saturated: 0,6g

Carbohydrates: 29g

of which sugars: 3,5g

Proteins: 8g

Dietary fibre: 6,4g

## Preparation

Dice radish, onions, garlic and tomatoes. Peel the potatoes and cut into quarters. Put aside 1 cup of the cooked beans.

Heat 2 tbsp of olive oil in the pan and add all the vegetables including the remaining beans, with enough water to cover them.

Bring to boil and let it cook through (about 20 minutes). Mix well with the blender until obtaining a cream of homogeneous texture.

Put to bowls, drizzle loosely with remaining olive oil and mix. Serve with remaining beans and chopped parsley.

## Ingredients:

- 1 radish
- 1 small onion
- 2 garlic cloves
- 5 tomatoes
- 2 potatoes (medium size)
- 220g (500g) white beans
- 5 tbsp olive oil
- Salt
- Pepper

## To serve:

- Fresh parsley

# Main Dishes.



# Almôndegas de feijão com arroz

I love to help rolling these delicious balls!



4 portions



60 min



## Nutritional values of 1 serving

Energy: 261 kcal

Fats: 6,6g

of which saturated: 1,6g

Carbohydrates: 36g

of which sugars: 0,9g

Proteins: 14g

Dietary fibre: 5,4g

## Preparation

Cook rice and two eggs. Chop parsley. Peel and dice eggs when cooked.

To a bowl, give beans and rice and mix well with a fork. In a pan, heat oil and add bean and rice mixture, parsley, flour and diced eggs. Stir until it loosens from the bottom of the pan. Salt to taste and let cool down.

Mix the last egg with a fork and give to a small bowl. With wet hands, form 16 balls and roll first in the raw egg and then in the breadcrumbs. In a pan, heat a good amount of olive oil and fry balls until gold-brown.

Serve with tomato sauce and fresh salad (e.g. lettuce).

## Ingredients:

- 60g rice
- 3 eggs
- 2 tbsp parsley
- 120g (260g) Catarina beans (or other bean)
- Olive oil
- 3 tbsp wheat flour
- Salt
- Breadcrumbs

## To serve:

- Tomato sauce
- Any kind of salad you like

# Baked beans with egg

## Did you know..?

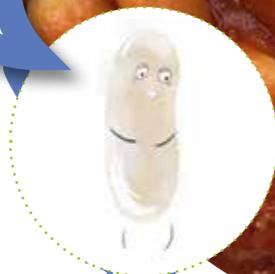
... that this dish, today being considered as British, was originally influenced by dishes from southern France and America?



4 portions



25 min



## Nutritional values of 1 serving

Energy: 584 kcal

Fats: 18g

of which saturated: 2,5g

Carbohydrates: 83g

of which sugars: 27g

Proteins: 22,5g

Dietary fibre: 22,5g

## Ingredients:

- 100ml maple syrup
- Salt
- Pepper
- ¼ tsp paprika spice, smoked
- 2 bay leaves
- 110g (250g) white beans
- 400g canned tomatoes, chopped
- ½ tsp dried oregano
- 2 onions
- 4 tbsp neutral oil
- 3 tomatoes
- 3 eggs

## To serve:

- Bread
- Fresh herbs

## Preparation

In a pot, bring maple syrup to a boil. Add salt, pepper, paprika, bay leaves, beans, oregano and tomatoes. Let cook for 10 minutes.

Cut the onion into slices. In a pan, heat 2 tbsp of oil and fry onions for 5 minutes on medium heat. Cut the tomatoes in half. Transfer the onions to a bowl and fry the tomatoes in the pan for 2 minutes.

In another pan, heat the remaining oil and fry the eggs. Remove the bay leaves from the beans.

Serve baked beans with eggs, tomatoes, fresh herbs and roasted bread.

# Chickpea garlic „meat” balls

## Did you know...?

... that chickpeas were the „popcorn” in Ancient Rome, served to the audience at Gladiator fights?



4 portions



35 min



## Nutritional values of 1 serving

Energy: 420 kcal

Fats: 19g

of which saturated: 2,25g

Carbohydrates: 48g

of which sugars: 10g

Proteins: 17g

Dietary fibre: 9,7g

## Preparation

Preheat oven to 190°C.

Peel and dice onion, mince garlic and roughly chop parsley.

In a skillet over medium heat, add cooking oil and onions. Cook until onions are translucent, stirring occasionally.

Add the garlic and stir until fragrant. Transfer to a blender or food processor.

To the food processor, add the chickpeas, breadcrumbs, parsley, oregano, salt, pepper and egg. Pulse until a dough forms. Use your hands to form 2cm balls from the chickpea mixture. Place in rows on a parchment paper-lined baking sheet.

Bake for 20 minutes, or until golden, flipping halfway.

For the sauce, roast the sesame in a pan without fat. Squeeze the lemon and mix with the other ingredients. Serve with a fresh salad.

## Ingredients:

### „Meat” balls:

- 1 small onion
- 4 garlic cloves
- 2 tsp fresh parsley
- 3 tbsp neutral oil
- 200g (460g) chickpeas
- 60g whole wheat breadcrumbs
- 1 tsp dried oregano
- ½ tsp salt
- ½ tsp pepper
- 1 egg

### Sauce:

- 1 tsp sesame
- ½ lemon
- 200g yogurt
- 1 tbsp tahini

### To serve:

- some fresh salad, e.g. grated carrots, lettuce etc.

# Chili sin carne

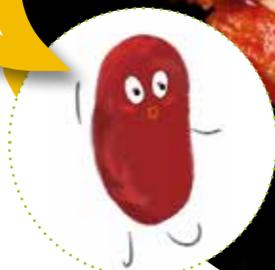
The lentils give a nice texture that resembles the one of minced meat



8 portions



70 min



## Nutritional values of 1 serving

Energy: 469 kcal

Fats: 10g

of which saturated: 1,8g

Carbohydrates: 75g

of which sugars: 12g

Proteins: 24g

Dietary fibre: 20g

## Preparation

Finely chop onions and garlic.  
Peel carrots, clean celery and finely dice both (1/2 cm).

To a big pot give oil, heat and fry onions and garlic for 3 minutes. Add half carrots and half the celery and stew for 2 minutes. Add lentils, tomato paste, cumin, paprika and bay leaves and stew for 2 minutes.

Add canned tomatoes and stock, close the lid and stew for 20 minutes. Then add the remaining carrots and celery and stew for another 20-25 minutes, stirring occasionally. If, towards the end, the stew gets too thick, add some stock. Add the kidney beans and bring to a boil for 2 minutes.

Chop chocolate and let it melt in the chili. Temper with salt, pepper and vinegar. Serve with rice, feta or yogurt, fresh coriander and half a lime.

## Ingredients:

- 2 onions
- 3 garlic cloves
- 250g carrots
- 250g celery
- 4 tbsp olive oil
- 500g mountain lentils
- 1 tbsp tomato paste
- 1 tbsp cumin, ground
- 1 tbsp sweet paprika spice
- 2 bay leaves
- 2 cans tomatoes, chopped (à 400g)
- 1,5l vegetable stock
- 110g (250g) kidney beans
- 25g dark chocolate, 70%
- Salt
- Pepper
- 2 tbsp dark Balsamic vinegar

## To serve (suggestions):

- Rice
- Yogurt
- Feta cheese
- Fresh coriander
- 4 limes

# Cod with colourful beans

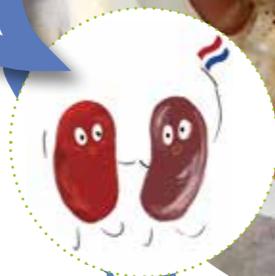
To transfer all the liquid from the parchment paper to your plate, gently prick a hole into the bottom with a fork – the liquid will just go through it.



4 portions



30 min



## Nutritional values of 1 serving

Energy: 538 kcal

Fats: 22g

of which saturated: 13g

Carbohydrates: 49g

of which sugars: 6,7g

Proteins: 37g

Dietary fibre: 13g

## Ingredients:

- 300g carrots
- 2 garlic cloves
- 1 lemon
- 130g (300g) Dutch brown beans
- 130g (300g) red Kidney beans
- 4 cod fish fillets (à 120g)
- 100g fresh herb butter
- 8 springs rosemary
- Salt
- Pepper
- Parchment paper

To serve:

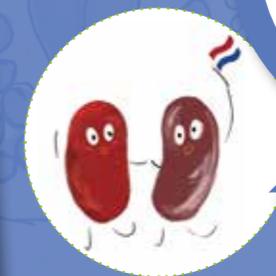
- Bread

## Preparation

Preheat the oven to 180°C. Peel and chop the carrots and cook until soft. Crush the garlic, slice the lemon.

In a bowl, mix the beans and carrots and add the garlic. Prepare 4 large pieces of parchment paper (30x30cm) and put the cod fillets in the middle of each piece. Add salt and pepper and spoon the bean and carrot mix on top. Add 25g of herb butter, 1 slice of lemon and 2 springs of rosemary to each portion. Fold the packages and tie them with kitchen twine. Put the packages in the oven and leave for about 20 minutes.

Serve with some bread.



En papilote, which is another name for this dish, means „in parchment“. The paper holds in the moisture in order to steam the food gently.

# Fasolka po Bretońsku

## Did you know...?

... that this dish was being served to Polish soldiers during WWII, who then brought the recipe back to their home country?



5 portions



100 min



## Nutritional values of 1 serving

Energy: 423 kcal

Fats: 7,7g

of which saturated: 1g

Carbohydrates: 70g

of which sugars: 13g

Proteins: 23g

Dietary fibre: 17g

## Ingredients:

- 1 big onion
- 4 garlic cloves
- Olive oil
- 2 bay leaves
- 4 allspices
- 400g dry white beans
- Salt
- Pepper
- ½ tsp dried oregano
- 600g passed tomatoes
- 180g tomato paste
- 2 tbsp marjoram
- 1 tsp caraway seeds

To serve:

- Bread

## Preparation

Dice onion, peel and square garlic.

Heat olive oil in a pan, add onion and fry for 5 minutes.

Add garlic, 1 bay leaf and allspices and fry for about 2 minutes until the garlic colours. Add the dry beans, 1 cup of water, salt and pepper and oregano. Mix everything and boil for about 1 hour with the lid on.

Then add passed tomatoes, tomato paste, marjoram, 1 bay leaf and caraway seeds, boil for 40 minutes with the lid on. If the dish is too thick, add some water.

Serve with bread.

# Harira

Add your favourite vegetables to make it this Moroccan stew even more colourful!



4 portions



40 min



## Nutritional values of 1 serving

Energy: 428 kcal

Fats: 7g

of which saturated: 0,7g

Carbohydrates: 80g

of which sugars: 11g

Proteins: 12g

Dietary fibre: 10g

## Ingredients:

- 1 medium onion
- 2 garlic cloves
- 1 large sweet potato
- 2 tsp canola oil
- 2 tsp cinnamon, ground
- 2 tsp cumin, ground
- 2 tsp coriander, ground
- 225g peas, frozen
- 1 can tomatoes, crushed
- 750ml vegetable stock
- 100g (250g) chickpeas
- Salt
- Pepper

To serve:

- 240g rice

## Preparation

Dice onion, mince garlic, peel and chop sweet potato (1,5cm pieces).

In a saucepan, heat oil over medium heat and cook onion for 3 minutes or until softened. Add cinnamon, cumin, coriander and garlic and stir, cooking over low heat for about another 2 minutes.

Add sweet potatoes, frozen peas and tomatoes and stir to coat vegetables in spices and oil.

Add the vegetable stock.

Bring to a boil, reduce heat and simmer until the sweet potatoes are tender (about 25 minutes).

Stir in the chickpeas and simmer another 5 minutes or until the sweet potatoes are soft with a fork. Put salt and pepper to taste.

Serve with rice.

# Hrstková polievka

## Did you know...?

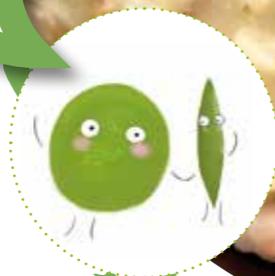
... drinking at least 2 glasses of water helps your stomach digest legume dishes!



7 portions



90 min



## Nutritional values of 1 serving

Energy: 619 kcal

Fats: 16g

of which saturated: 1,3g

Carbohydrates: 96g

of which sugars: 7,6g

Proteins: 26g

Dietary fibre: 26g

## Ingredients:

- 100g dry brown lentils
- 120g dry butter beans
- 110g dry yellow split peas
- 110g hulled barley grains
- 2 carrots
- 1 parsley
- 1 celery
- 1 garlic clove
- 1 onion
- 2 tbsp neutral oil
- ½ tbsp flour
- ½ tsp red pepper, ground
- Salt
- Pepper

To serve:

- Bread

## Preparation

Give all the legumes to a bowl and soak overnight.

The next day, wash them again, wash the barley grains and cook together in plenty of new water for at least 40 minutes, or until soft. Stir occasionally and add water if it gets too thick.

In the meantime, peel the carrots, parsley and celery and add them to the pot when the legumes are soft. Smash garlic and add with some black pepper to the pot. Boil it all together until all the ingredients are cooked.

Cut onion into small pieces. Put some oil into a medium sauce pan, add onion and fry it for a while. Add the flour and continue frying the roux until it gets a golden colour. At the end, add the ground red pepper. Add the roux to the soup just before finishing the boiling, stir it and let it boil all together for a while. Add water again if needed. Season with salt and pepper.

Serve with bread.

# Lentil vegetable pie

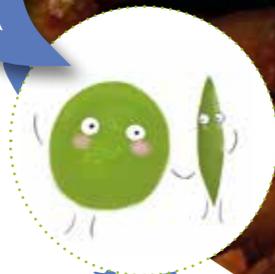
For the leftover egg whites, ask your parents how to make meringue and you will have a wonderful, sweet treat as dessert.



6 portions



120 min



## Nutritional values of 1 serving

Energy: 434 kcal

Fats: 7,4g

of which saturated: 0,9g

Carbohydrates: 59g

of which sugars: 5,4g

Proteins: 18g

Dietary fibre: 12g

## Ingredients:

- 500g mixed root vegetables, e.g. carrot, celery, parsley root
- 2 onions
- 1 garlic clove
- 3 tbsp neutral oil
- 125ml red grape juice
- 4 tbsp tomato paste
- 150g dry Mountain lentils
- 1 can tomatoes, chopped (ca. 400g)
- 500ml vegetable stock
- 12 springs of thyme
- 300g potatoes
- 500g sweet potatoes
- Salt
- 4 eggs
- Pepper
- 50g Cheddar
- 2 egg yolks

## Preparation

Preheat the oven to 220°C. Peel the vegetables and onions, cut into small pieces. Finely dice the garlic. In a big pot, heat the oil and steam onions on medium heat until translucent. Add vegetables and stir for 5 minutes. Add grape juice and tomato paste. Put on high heat and let reduce. Add lentils, canned tomatoes and stock, bring to a boil and let it cook for 45 min on medium heat. After 20 minutes, add thyme leaves.

In the meantime, peel and dice potatoes and sweet potatoes into small pieces. Bring the potatoes to a boil in salted water, after 5 min add the sweet potatoes and boil for another 15 minutes.

Hard-boil the eggs for 10 minutes, hold under cold-running water, peel and cut into half.

Temperate lentil vegetables with salt and pepper and give to a large, ovenproof pan. Evenly spread the egg halves on top. Drain the potatoes, add cheddar and salt and mash with a potato masher or a fork. One by one, add the yolks and mix well.

Arrange mashed potatoes on top of the vegetables with a spoon. Bake in the oven for 25-30 minutes.

# Mamaliga

Mamaliga (Polenta) means „bread of gold“ in Romanian. As an important part of the Romanian diet it is served in various ways, such as with jam in the morning, as a sandwich for lunch or as side dish for dinner.



4 portions



40 min



## Nutritional values of 1 serving

Energy: 532 kcal

Fats: 19g

of which saturated: 6,5g

Carbohydrates: 73g

of which sugars: 2,7g

Proteins: 20g

Dietary fibre: 16g

## Ingredients:

- 2 shallots
- 1 lemon
- 2 tbsp olive oil
- 1 tsp cumin, ground
- 250g (600g) black beans
- 100ml vegetable stock
- Salt
- 150g medium ground cornmeal
- 375ml milk
- 375ml water
- 3 tbsp butter or margarine

## To serve (suggestions):

- Cheddar cheese
- Sour cream
- Salsa
- Avocado slices

## Preparation

Peel and dice shallots. Squeeze the lemon. Heat oil in a medium pan over medium heat; add shallots and cook until brown, about 7 minutes.

Stir in cumin and let cook an additional 1-2 minutes until spices become fragrant. Lower heat; add black beans and stock and cook, stirring occasionally, until mixture thickens and begins to pull away slightly. Stir in lemon juice and season with salt to taste.

For the polenta, whisk cornmeal together with 250ml of milk in a medium bowl and set aside. Bring remaining milk and water to a boil in a medium pot. Turn heat down to low, add polenta mixture and cook, stirring constantly, until mixture thickens and begins to pull away slightly from the sides of the pot, 7-10 minutes. Turn off heat; stir in butter and salt to taste.

Ladle into bowls and spoon beans over mamaliga, garnished with cheddar cheese, sour cream, salsa, and avocado slices.

# Minestrone

This Italian soup can be either a starter or a main dish



6 portions



100 min



## Nutritional values of 1 serving

Energy: 499 kcal

Fats: 10g

of which saturated: 3,7g

Carbohydrates: 79g

of which sugars: 12g

Proteins: 25g

Dietary fibre: 23g



## Preparation

Slice the onion, garlic, carrots, celery, zucchini and leek. Chop the potatoes into uneven pieces.

Place a pot over medium heat and add 2 tbsp of olive oil. Add the onion, garlic, carrots, celery, zucchini and leeks. Sauté for 10 minutes while mixing with a wooden spoon, until the vegetables soften.

Add the juice and vinegar and allow half of the liquid to evaporate. Add the potatoes, bay leaf, vegetable stock and chopped tomatoes. Mix, cover pan and boil for about 30 minutes, until the vegetables soften.

In the meantime, finely chop the parsley and separate the leaves from the springs of thyme.

After 30 minutes, add the pasta to the pot and boil for 10 minutes, stirring with wooden spoon every so often. When ready, remove pot from heat and add the boiled beans, parsley, thyme leaves, salt and pepper.

Serve with grated parmesan.

## Ingredients:

- 1 onion
- 1 garlic clove
- 2 carrots
- 2 celery stalks
- 1 zucchini
- 1 leek
- 1 potato
- 2 tbsp olive oil
- 50ml grape juice
- 50ml vinegar
- 1 bay leaf
- 1l vegetable stock
- 800g canned tomatoes, chopped
- 1/4 bunch parsley
- Fresh thyme
- 100g pasta (shells)
- 400g (900g) white beans
- Salt
- Pepper

To serve:  
100g parmesan cheese



# Omelette with green peas

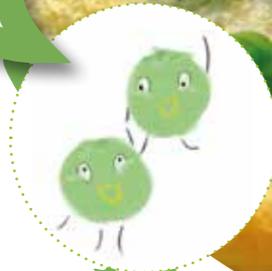
This omelette recipe is an easy and colourful example of adding legumes to your daily diet.



2 portions



20 min



## Nutritional values of 1 serving

Energy: 219 kcal

Fats: 15g

of which saturated: 6,9g

Carbohydrates: 5,1g

of which sugars: 2,1g

Proteins: 14g

Dietary fibre: 1,7g

## Preparation

Let the peas defreeze. Separate the eggs and beat the egg white until stiff. In another bowl, beat the yolk with salt and pepper. Carefully fold in the egg white.

Heat half the butter in a pan. Give half the egg to the pan and let solidify on low heat. Spread half the peas on top. After 3 minutes put the lid on and cook for another 10-12 minutes.

Repeat the process for the remaining butter, egg and peas.

## Ingredients:

- 60g peas, frozen
- 4 fresh eggs
- Salt
- Pepper
- 2 tsp butter

# Ospirada with vegetables

You could call this recipe a big legume party!



5 portions



90 min



In Greece, we love all kinds of legumes!

## Nutritional values of 1 serving

Energy: 648 kcal

Fats: 24g

of which saturated: 4,4g

Carbohydrates: 83g

of which sugars: 12g

Proteins: 27g

Dietary fibre: 19g

## Preparation

Soak the legumes and the spelt overnight.

The next day, drain and give to a pot together with 2l of water. Add the bouillon cube and the bay leaves and let boil on high heat for 40-45 minutes, stirring occasionally.

In the meantime, peel and mince garlic and onions, cut the vegetables. Heat some of the oil in a pan and fry onion and garlic for a while, then add the vegetables. Lower the heat and add canned tomatoes and tomato paste.

Let boil for another 30 minutes. After 20 minutes, add the remaining olive oil, salt, pepper and the rest of the spices. Cook openly in order for the soup to thicken.

When the legumes are boiled, drain them and add them to the sauce with the vegetables. Let boil again for 15-20 minutes until there is a homogenized mixture.

Serve with some lemon juice.

## Ingredients:

- 60g dry white beans
- 60g dry Catarina beans
- 60g dry red kidney beans
- 60g dry black beans
- 60g dry black-eyed beans
- 60g dry chickpeas
- 55g dry brown lentils
- 55g dry green lentils
- 55g dry red lentils
- 45g dry spelt
- 2 bay leaves
- 1 bouillon vegetable dry cube
- 1,5 garlic gloves
- 1,5 red onion
- 1 celery stalk
- 1,5 carrots
- 1 small zucchini
- 100g extra virgin olive oil
- 390g canned tomatoes, chopped
- 36g tomato paste
- 2 tsp salt
- 1 tsp sugar
- 2 tbsp parsley, fresh
- ½ tsp dried thyme
- ½ tsp black pepper

# Pea soup

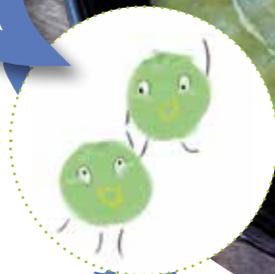
Pea soup is popular in all Scandinavian countries. In Finland, this soup is traditionally being served on Thursdays – followed by pancakes with whipped cream and strawberry jam as dessert!



6 portions



120 min



## Nutritional values of 1 serving

Energy: 137 kcal

Fats: 7,4g

of which saturated: 0,9g

Carbohydrates: 13g

of which sugars: 5,4g

Proteins: 4,9g

Dietary fibre: 2,7g

## Preparation

Soak the peas overnight. The next day, put to a sieve and rinse well.

Peel and dice the onion. In a big pot, heat the olive oil on medium heat.

Add the onion and cook until soft. Add the water, salt, marjoram and peas. Bring to a boil and let simmer for at least two hours. Add more liquid if necessary. Should the soup look too thin, cook it without a lid for a while. Taste and season with salt and pepper. Serve with mustard if preferred and bread.

## Ingredients:

- 500g dry whole green peas
- 1 onion
- 3 tbsp olive oil
- 2,5l water
- 2 tsp fine sea salt
- 2 tsp dried marjoram
- Salt
- pepper

## To serve:

- Mustard
- Rye bread or crispbread

# Pierogi with lentils

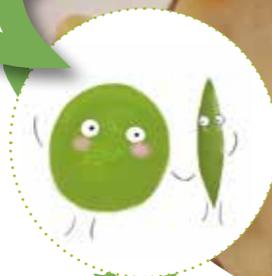
Pierogi are being eaten in every household in Poland. They are a lot of work but grandmas and mothers do it for their families. On Christmas, they are traditionally served with cabbage and mushrooms inside.



6 portions



120 min



## Nutritional values of 1 serving

Energy: 804 kcal

Fats: 41g

of which saturated: 8,3g

Carbohydrates: 94g

of which sugars: 6,1g

Proteins: 23g

Dietary fibre: 17g

## Ingredients:

### Lentil filling:

- 250g of dry mountain lentils (or 600g cooked)
- 2 big onions
- 8-10 tbsp neutral oil
- Salt
- Pepper

### Dough:

- 500g wheat flour T 500+
- 1/2 tbsp salt
- 60ml neutral oil
- approx. 200ml of hot water

### To serve:

- 300g sour cream

## Preparation

Wash lentils and soak over night.

The next day boil for 45-60 minutes. Give to a sieve and rinse with water. Chop onion, heat oil in a pan and fry onion. Leave to cool down.

Leave half the onions aside. Grind lentils with rest of the onions and fry again for water to evaporate. Add salt and pepper and refrigerate until cool and hard.

In the meantime, mix flour with salt and oil, while stirring add water in portions until the dough can easily be separated by hand. Let rest for 10-15 minutes.

Knead the dough again on a lightly floured surface until firm and smooth. Roll out to 4mm of thickness, cut into 7 cm rounds using a cup. Place a spoon full of filling into the centre of each dough round. Moisten the edges with water, fold over, and press together with a fork to seal.

Bring a large pot of lightly salted water to a boil. Add pierogi and cook for 3 to 5 minutes or until pierogi float to the top. Remove with a slotted spoon. Serve with sour cream and fried onions.

# Red lentil coconut dal

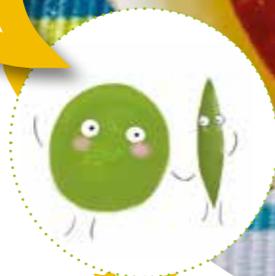
This dish is from India and includes many special Indian spices.



4 portions



50 min



## Nutritional values of 1 serving

Energy: 512 kcal

Fats: 29g

of which saturated: 19g

Carbohydrates: 52g

of which sugars: 9,6g

Proteins: 16g

Dietary fibre: 11g

## Ingredients:

- 1 onion
- 1 garlic clove
- 3 tbsp olive oil
- 1 tsp mustard seeds
- 2 cans tomatoes, diced (à 425ml)
- 200ml passed tomatoes
- 1 can coconut milk
- 2 tsp chili powder
- 1 tsp Cayenne pepper
- 2-3 tsp cumin, ground
- 1 tsp coriander, ground
- 2 tsp Garam Masala, ground
- 175g red lentils
- 150ml vegetable stock
- Salt
- White pepper

## Preparation

Peel and finely chop onion and garlic.

Heat oil in a pot, add the mustard seeds, cover with the lid and wait until the seeds explode and jump. Then add the onion and garlic and let it sweat on low heat, stirring constantly.

Add the two kinds of tomatoes and the coconut milk and simmer for some minutes. Bit by bit you can add the spices.

Add the lentils and let it simmer for 25-30 minutes with the lid on, stirring every once in a while, until they are soft. Check after 15 minutes, if too much water has evaporated, add some stock.

At the end it should be a creamy mass.

# Schnüschratin

Schnüschr is a northern German expression and means as much as „straight through the garden“. For this spring dish you can just use any vegetables that are seasonally available.



4 portions



45 min



## Nutritional values of 1 serving

Energy: 614 kcal

Fats: 29g

of which saturated: 16g

Carbohydrates: 73g

of which sugars: 16g

Proteins: 22g

Dietary fibre: 18g

## Preparation

Mix butter and flour, knead well and freeze in small pieces. Wash potatoes and bring to a boil in salted water. Drain and allow to cool down.

In the meantime, peel carrots, half lengthways and divide into three. Boil fava beans in boiling salted water for 8-10 minutes. Quench and remove peel by squeezing the bean between the fingers. Remove peas from the pods. Clean green beans and cut in half. Peel and chop kohlrabi. Finely dice the shallots. Peel the potatoes and cut into slices.

In a large pot bring milk and cream to a boil. Temper with salt, pepper and nutmeg. Bit by bit add the frozen flour butter. Bring to a boil again and let cook openly for 5 minutes, stirring occasionally. Remove the parsley leaves from the stems, set some aside and chop the rest finely.

For the vegetables, melt 30g butter in a pot and fry the shallots until translucent, deglaze with broth. Add carrots and green beans and cook for 8 minutes with the lid on. Add kohlrabi and peas and cook for another 5 minutes. Then add fava beans and potato slices and cook for another 2 minutes. Give everything to the milk, together with the parsley. If needed, add more salt, pepper and nutmeg to taste.

## Ingredients:

### Parsley milk:

- 25g butter
- 25g flour
- 700ml milk
- 150ml cream
- Salt
- Pepper
- Nutmeg
- 1 bunch of parsley (ca. 70g)

### Vegetables:

- 600g potatoes
- Salt
- 250g carrots
- 250g fava beans, frozen
- 250g fresh peas
- 250g green beans
- 1 kohlrabi (ca. 300g)
- 2 shallots
- 30g butter
- 200ml vegetable stock

# Tagliatelle alla lenticchiese

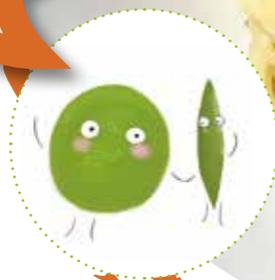
This recipe was inspired by the Italian Spaghetti Bolognese, with the lentils as meat substitute.



2 portions



45 min



## Nutritional values of 1 serving

Energy: 518 kcal

Fats: 15g

of which saturated: 2,1g

Carbohydrates: 81g

of which sugars: 16g

Proteins: 15g

Dietary fibre: 8,6g

## Preparation

Put lentils in a pot and pour over 200ml of water. Heat until boiling and cook for about 20-30 minutes. Add a bit of salt and pepper.

In the meantime, cut the carrots, onion, garlic and tomatoes in small dices. Heat some olive oil in a pan. When hot, add onions and carrots and let them brown a bit, then add tomatoes and garlic. Cook for about 1 minute, then add the Balsamic vinegar. Add some salt, pepper and oregano, add the wine and let it cook.

If the pasta is dry: Now heat some water in a pot, when boiling, add the pasta. Cook it in the way it is stated on the packaging.

When the lentils are soft, add the content of the pot to the tomato sauce in the pan.

If the pasta is fresh, now cook it for about 2-3 minutes. Add the cooked pasta to the pan, stir it for about 1 minute, then serve it.

## Ingredients:

- 50g Mountain lentils
- 1 carrot (medium size)
- 1 onion
- 2 garlic cloves
- 5 tomatoes
- Olive Oil
- 60ml Balsamic vinegar
- Salt
- Pepper
- Oregano
- 100ml White wine (can be substituted by vinegar or grape juice)
- 200g Tagliatelle (dry or fresh)

# White bean Colcannon

In the past, this Irish dish was mixed with items to predict the future: Those who would find a ring were said to get married the next year, a button meant you would stay single.



6 portions



60 min



## Nutritional values of 1 serving

Energy: 530 kcal

Fats: 6,3g

of which saturated: 0,9g

Carbohydrates: 48g

of which sugars: 8,4g

Proteins: 14g

Dietary fibre: 9,2g

## Preparation

Cover potatoes in a small pot with salted water. Bring to a boil, reduce heat and simmer, uncovered, for 30 minutes. Stem, wash and chop the kale. Drain and let cool potatoes before peeling. Chop the chives.

Coarsely chop cauliflower florets into pieces. Steam until tender, about 15 minutes.

Add the beans to a small pot with 2 tbsp of butter. Warm over medium until heated through, then transfer to a food processor. Add cauliflower and mix until smooth, adding some milk if needed for texture. Set aside.

## Ingredients:

- 3 medium sized potatoes
- 1kg fresh kale
- 1 bunch of chives
- 1 medium head of cauliflower (ca. 500g)
- 200g (460g) white beans
- 6 tbsp butter
- 4 garlic cloves
- 150ml heavy cream
- 150ml whole milk
- Salt
- Pepper
- Olive oil
- Vinegar

Peel and dice garlic. Melt 3 tbsp of butter in a large saucepan over medium heat. Add garlic and stir for 2 minutes. Add chopped kale and cook, stirring often, until wilted and bright green. Stir in milk and cream and bring everything to a simmer. Slice your peeled potatoes and add to kale mixture, mashing coarsely as you go. Add in the white bean mixture, most of the chives and continue to mix until everything is evenly blended, add a splash of olive oil if desired. Season with salt, pepper and vinegar and sprinkle with remaining chives.

Serve warm with a pat of butter nested in the centre.

# Sides



# Fava bean purree

This dish comes from the Aegean islands and is traditionally being served with fresh octopus from the ocean and, for grown-ups, with an alcoholic Greek drink which is called Tsipouro.



6 portions



30 min



## Nutritional values of 1 serving

Energy: 167 kcal

Fats: 7,7g

of which saturated: 0,7g

Carbohydrates: 20g

of which sugars: 5,9g

Proteins: 6,1g

Dietary fibre: 5,9g

## Preparation

Blanch the Fava beans shortly in salted boiling water. Give to a sieve, quench and remove peel by squeezing the bean between the fingers.

Finely chop onion, garlic and carrots. Heat 2 tbsp of olive oil in a pot with the onions. After 2-3 minutes add the carrots and garlic and keep stirring.

Add the fava beans and 1 cup of water. Put the lid on the pot and let boil for 10 minutes or until the water has evaporated. Remove from the stove, let cool down a bit and put it to a blender. Mix until it becomes a puree. Add salt, pepper and olive oil to taste. Squeeze the lemon and add to taste.

Serve with caramelized onion and tomato.

## Ingredients:

- 500g fava beans, frozen
- 3 large carrots
- 1 garlic clove
- 1 large onion
- 1 bay leaf
- 1 lemon
- 4 tbsp olive oil
- Salt
- Pepper

## To serve:

- 1 onion
- 2 tomatoes

# Legu-tella

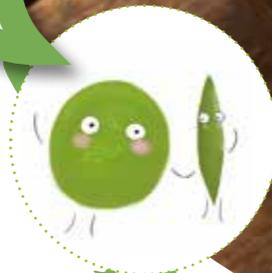
This is a more sustainable, healthier and cheaper alternative to processed industrial chocolate spreads.



10 portions



20 min



## Nutritional values of 1 serving

Energy: 156 kcal

Fats: 7,3g

of which saturated: 5,5g

Carbohydrates: 5,5g

of which sugars: 9,5g

Proteins: 9,8g

Dietary fibre: 2,1g

## Preparation

Heat the cooked beans and sugar in a pot under low heat for 5 minutes, combine with a spoon. Some water should go out of the legumes - turn off the heat and add the remaining ingredients.

Mix with a spoon until the chocolate is melted. Transfer to a blender and mix until smooth.

Can be stored in the fridge up to 10 days.

## Ingredients:

- 250g well-cooked deshelled fava beans or red lentils
- 80g brown sugar
- 40g coconut oil or other oil
- 75g chocolate (around 60% cacao, depending on your taste)
- 5g cocoa powder if you like it very chocolaty

Feel free to personalize your Legu-tella with cinnamon, fruits or coconut. There are no limits to your creativity!



# Medu Vada

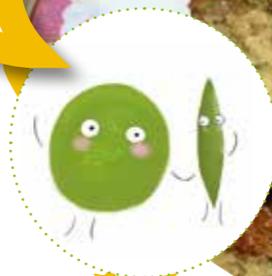
These savoury lentil doughnuts come from India where they are originally being deep fried. If you prefer just frying, take 1 tbsp of oil for each doughnut and flip it in a pan until both sides are brown and crispy.



4 portions



40 min



## Nutritional values of 1 serving

Energy: 543 kcal

Fats: 36g

of which saturated: 3,6g

Carbohydrates: 44g

of which sugars: 3,6g

Proteins: 15g

Dietary fibre: 11g

## Preparation

Soak the lentils for at least 2 hours in cold water.

Drain in a sieve and start to grind the cumin and peppercorns in a pestle and mortar.

Peel and roughly chop the onion, cut the chili or pepper. Heat the oil for frying in a pot.

Place the lentils, onions, chili or pepper, spices, salt and ground spices into a blender and grind to a thick paste like batter. If it is too dry add a touch of water. If it gets too watery, you can add some breadcrumbs.

## Ingredients:

- 250g split Urid dhal or Mountain lentils
- 1 tsp black peppercorns
- 1 tbs cumin seeds
- 1 onion
- 2 green chillies (or, in order to have a less spicy dish: one green pepper)
- Rapeseed oil to deep fry
- Salt

## To serve:

- Yogurt
- Chutney (e.g. mango, tomato, etc.)

Test by dropping in little batter to the oil. If it bubbles and rises straight away then it is ready. Wet your hand and scoop up a small hand full of the mixture. Gently push a thumb hole into the centre of the Vada giving it its characteristic doughnut shape.

Carefully place the Vada into the hot oil and cook until a golden brown colour on both sides.

Remove and set on some kitchen roll.

Serve with yogurt and any chutney you like.

# Mini-hamburgers with lupines

In Portugal, we like lupines as a snack with cool drinks!



3 portions



60 min



## Nutritional values of 1 serving

Energy: 286 kcal

Fats: 5g

of which saturated: 0,57g

Carbohydrates: 45g

of which sugars: 5,9g

Proteins: 22g

Dietary fibre: 11g

## Ingredients:

- 250g lupines in a jar
- 1/2 cauliflower (500g)
- 2-3 tbsp chickpea flour
- 1-2 tbsp flour
- 2 tsp curry spice
- 1 tbsp fresh basil
- 1 tbsp fresh parsley

## To serve (suggestions):

- 3 buns, e.g. pita bread
- 1 tomato
- 1 red onion
- 1/2 avocado
- 1/4 cucumber
- Lettuce

## Preparation

Preheat the oven to 180°C.

Give the lupines to a sieve and rinse well. Remove the peel and set aside.

Cook the cauliflower in salted boiling water until soft. Make sure to remove all the cooking water and give to a food processor together with the lupines. Add chickpea flour and regular flour until a dough forms. Add the curry spice and herbs.

With the hands, form twelve small burger patties and bake in the oven for 30-40 minutes. After 25 minutes, flip. If you do not eat them right away, store in the fridge and fry in some oil in a pan before eating.

Serve in a bun with vegetables and lettuce.

# Roasted chickpeas

## Did you know ...?

... that this is a very popular snack in Tunisia? You can buy roasted chickpeas at small kiosks everywhere in the cities.



4 portions



15 min



## Nutritional values of 1 serving

Energy: 234 kcal

Fats: 8,1g

of which saturated: 1g

Carbohydrates: 31g

of which sugars: 5,4g

Proteins: 10g

Dietary fibre: 6,1g



## Ingredients:

- 300g dry chickpeas
- 4 tbsp olive oil
- Salt
- Herbs and spices to taste

## Preparation

Soak the chickpeas overnight. The next day, rinse, drain and dry well with a paper towel.

Heat olive oil in a pan and add the chickpeas. Toss every now and then in order to flip the chickpeas. When they are crispy and brown, give to a bowl and add the salt and any flavours you like.



Try to add different flavours: Dried herbs such as thyme or oregano work just as well as sweet paprika spice or even honey for this healthy alternative to chips!



# Socca

This is a very popular snack in Nice, France.



6 portions



40 min  
12h to rest



## Nutritional values of 1 serving

Energy: 297 kcal

Fats: 18g

of which saturated: 2,4g

Carbohydrates: 24g

of which sugars: 4,5g

Proteins: 9,4g

Dietary fibre: 4,6g

## Preparation

Mix well chickpea flour and water with the kitchen robot. Add salt and let rest overnight.

The next day, preheat the oven to 250°C, using the broiling function. Grease a baking pan. Stir the chickpea mixture again and add olive oil, rosemary and salt and pepper to taste.

Heat the baking pan with oil in the oven for 2-3 minutes, then carefully add the batter with the help of a ladle.

Bake for around 7-12 minutes until you see the top of the Socca blister and brown. Cut in the pan and serve with salt and pepper on top and fresh tomatoes.

## Ingredients:

- 250g chickpea flour
- 500ml water
- Salt
- Pepper
- 60ml olive oil
- 2 tbsp fresh rosemary

## To serve:

- Salt
- Pepper
- Tomatoes

# Desserts



# Apple chickpea cake

You can also make muffins from this by giving the batter to muffin tins. The smaller portions make a good snack.



12 portions



90 min



## Nutritional values of 1 piece

Energy: 237 kcal

Fats: 9,9g

of which saturated: 4,4g

Carbohydrates: 35g

of which sugars: 19g

Proteins: 8,8g

Dietary fibre: 3,6g

## Ingredients:

- 750g apples
- 60g walnuts
- 220g + 3 tbsp sugar
- 4 tsp cinnamon
- 175g (400g) chickpeas
- 3 large eggs
- 120g + 1 tbsp butter
- 55g canola oil
- 1 tbsp vanilla
- 200g flour
- 1 tbsp baking powder
- ¼ tsp nutmeg
- ¼ tsp salt
- 120ml milk

## To serve:

- Icing sugar

## Preparation

Preheat the oven to 175°C. Peel, core and chop the apples. Roughly chop the walnuts. Mix apples and walnuts with 3 tbsp of sugar and 3 tsp of cinnamon. Set aside.

Rinse and drain chickpeas. Process with eggs in a food processor or blender until smooth and set aside.

In a large mixing bowl, beat butter, canola oil and rest of sugar until well combined. Add the chickpea mixture and vanilla and beat again.

In a medium bowl, stir together flour, baking powder, 1 tsp of cinnamon, nutmeg and salt. Add flour mixture and milk to butter mixture and beat until just combined.

Butter and flour a 22 x 33 cm (or ø 24cm) pan and spread batter. Pour apple mixture evenly over top, then press into the batter with the back of a large spoon until batter just starts to press up through the apples. Bake in the middle of the oven for about 55 to 60 minutes, or until a tester inserted in the centre comes out clean. If top gets to dark, cover with a sheet of aluminium foil. Cool completely before cutting into 18 pieces. Dust slices with icing sugar before serving.

# Kidney bean brownies

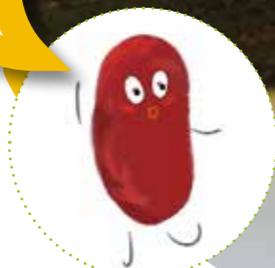
I bet you cannot taste me in this cake!



6 portions



60 min



## Nutritional values of 2 pieces

Energy: 384 kcal

Fats: 16g

of which saturated: 9,5g

Carbohydrates: 56g

of which sugars: 33g

Proteins: 8,8g

Dietary fibre: 6,6g

## Preparation

Preheat the oven (200°C).

Rinse and purée the kidney beans, melt the butter.

To a large mixing bowl, give melted butter, eggs, sugar, vanilla extract, bean purée, cocoa powder and flour and mix until combined. Pour batter to a small baking pan with baking sheet.

Bake for 25 minutes or until a toothpick comes out clean.

Leave to cool down and cut into squares.

## Ingredients:

- 100g (225g) kidney beans
- 100g butter
- 2 eggs
- 1 tsp vanilla extract
- 200g brown sugar
- 40g cocoa powder
- 80g whole wheat flour

To serve:

- Icing sugar

# Prestígio brasileiro

You can also use another type of chocolate, whichever you prefer. Just make sure to use cooking chocolate so it will not melt in your hands too quickly.



20 portions



60 min



## Nutritional values of 1 praline

Energy: 136 kcal

Fats: 8,1g

of which saturated: 4,9g

Carbohydrates: 14g

of which sugars: 5,5g

Proteins: 2,9g

Dietary fibre: 1,7g

## Preparation

Cook the rice with the milk, the coconut milk and sugar until soft, stirring occasionally (about 20-30 minutes).

Then mix with the bean and knead with a fork. Add the grated coconut. Set aside.

Melt the chocolate. Put layers of chocolate in candy shapes with a small spoon or a brush and put in the refrigerator. Take out and put the filling. Close the candies with a layer of chocolate. Return to the refrigerator. Unmould when ready.

Tipp: You can also use praline paper cups. You may have to put two layers of chocolate before adding the filling in order to have a stable shell.

## Ingredients:

- 100g white rice
- 500ml milk
- 100ml coconut milk
- 5 tbsp sugar
- 25g (60g) white beans
- 30g grated coconut
- 250g dark chocolate (60%)



## About the author

Eva Lingemann is a student of Nutritional Management and Dietetics at University of Hohenheim. Her interest in sustainability and environmental topics and food at the same time led her to the field of Global Food Security during her studies.

She likes to try new food and to approach foreign cultures by immersing into their cuisines. This legume journey has been inspiring and educational and, despite not having a green thumb, made her grow her own bean plants.

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