

# Easy Pulse Dips & Salads



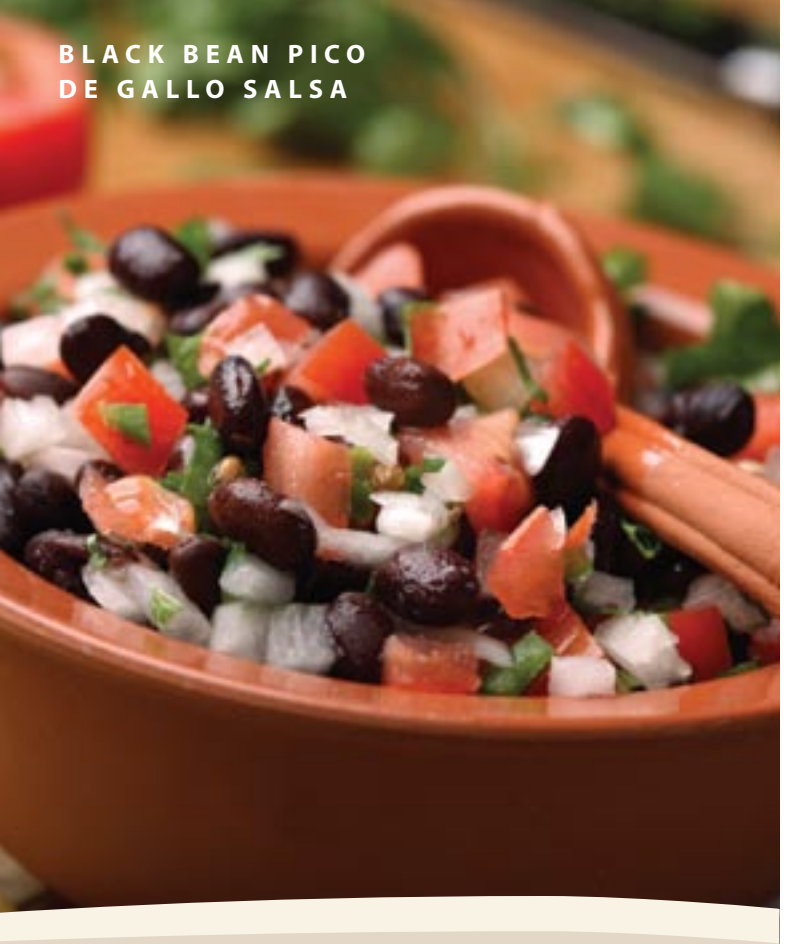
FIVE MINUTE  
HUMMUS DIP

FIVE MINUTE  
BLACK BEAN DIP

FIVE MINUTE  
LENTIL DIP



URUGUAYAN  
BEAN SALAD



BLACK BEAN PICO  
DE GALLO SALSA

# Easy Pulse Dips & Salads

pulse recipes

## FIVE MINUTE BLACK BEAN DIP

Quick, easy dip to be served with whole wheat pita or veggies

1-19 fl oz (540 mL) can **black beans**, rinsed and drained  
½ cup (125 mL) fat-free ranch salad dressing  
½ tsp (2 mL) cumin  
2 cloves garlic

Place all ingredients into food processor or blender.  
Blend to desired consistency. Yield: about 2 cups (500 mL).

Nutritional Information (per 2 tbsp or 30 mL): 58 calories;  
0 g fat; 0 g saturated fat; 11 g carbohydrate; 2 g fibre;  
3 g protein; 75 mg sodium; 134 mg potassium; 51 mcg folate;  
1 mg iron; 16 mg calcium.

## FIVE MINUTE LENTIL DIP

Substitute lentils for **black beans** and use 1 tsp (5 mL)  
curry powder instead of ½ tsp (2 mL) cumin.

Nutritional Information (per 2 tbsp or 30 mL): 58 calories;  
0 g fat; 0 g saturated fat; 10 g carbohydrate; 2 g fibre;  
3 g protein; 100 mg sodium; 138 mg potassium;  
62 mcg folate; 1 mg iron; 10 mg calcium.

## FIVE MINUTE HUMMUS DIP

Quick, easy hummus dip to be served with whole wheat pita or  
veggies

1-19 fl oz (540 mL) can **chickpeas**, rinsed and drained  
¼ cup (50 mL) reduced calorie sun-dried tomato and  
herb salad dressing  
1/3 cup (75 mL) water  
2 cloves garlic

Place all ingredients into food processor or blender. Blend to  
desired consistency. Yield: about 2 cups (500 mL).

Nutritional Information (per 2 tbsp or 30 mL): 64 calories;  
2 g fat; 0 g saturated fat; 10 g carbohydrate; 2 g fibre;  
3 g protein; 34 mg sodium; 104 mg potassium; 58 mcg folate;  
1 mg iron; 19 mg calcium.

For more information and recipes, visit: [www.pulse.ab.ca](http://www.pulse.ab.ca)  
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## BLACK BEAN PICO DE GALLO SALSA

A vegetarian, gluten-free, easy-to-prepare salsa

1-19 fl oz (540 mL) can **black beans**, rinsed and drained  
4 medium tomatoes, diced  
1 medium sweet onion, diced  
2 jalapeno peppers, seeded (or not) and diced  
¼ cup (50 mL) lime juice  
½ cup (125 mL) chopped fresh cilantro  
Salt to taste

Combine all ingredients in serving bowl and toss to mix.  
Refrigerate until ready to serve.

Yield: about 5 ½ cups (1.4 L) salsa

Nutritional Information (per 1/2 cup or 125 mL):  
56 calories; 0 g fat; 0 g saturated fat; 11 g carbohydrate;  
3 g fibre; 3 g protein; 71 mg sodium; 236 mg potassium;  
57 mcg folate; 1 mg iron; 15 mg calcium.

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## URUGUAYAN BEAN SALAD

Look for fava (or faba) beans with Middle Eastern ethnic foods

3 cups (750 mL) canned **fava beans**, drained and rinsed  
(or 1 ½ cups dry fava beans prepared according to package)  
1 cup (250 mL) chopped fresh tomato  
¾ cup (175 mL) finely chopped onion  
¼ cup (50 mL) chopped fresh flat leaf parsley  
3 tbsp (45 mL) red wine vinegar  
2 tbsp (30 mL) canola oil  
1 tsp (5 mL) dried oregano  
½ tsp (2 mL) crushed red pepper  
½ tsp (2 mL) pepper  
¼ tsp (1 mL) salt

In a medium-sized serving bowl, combine all ingredients.  
Toss gently. Refrigerate until ready to serve.

Yield: about 5 - 6 servings

Nutritional Information (per 3/4 cup or 375 mL): 97 calories; 5 g fat;  
1 g saturated fat; 11 g carbohydrate; 3 g fibre; 3 g protein; 135 mg  
sodium; 220 mg potassium; 50 mcg folate; 1 mg iron; 30 mg calcium.

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CHICKPEAS

BEANS

PEAS

LENTILS