

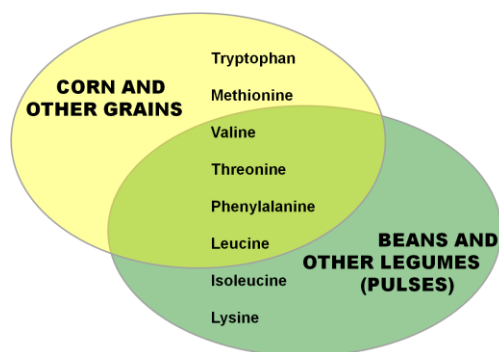


PEA SNAPS... Complete protein with pulses, Chickpea Tortilla or Vegan Spanish Omelette

March 12, 2013

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Last week saw us in Los Angeles, not for the Oscars but for [Natural Products Expo West](#), the largest natural and organic food products show in the world. This year the buzz was all about protein and protein claims, and especially plant proteins.



[Proteins](#) serve countless critical functions in our bodies. There are eight specific amino acids out of twenty that we need to eat in order to build the proteins that our bodies require. These eight 'essential' amino acids need to be obtained directly from food, rather than being synthesized inside the body.

Plant protein, unlike meat protein, requires the combining of different plant groups to create a 'complete protein'. You need a pulse (peas, beans, chickpeas and lentils) and a cereal (eg grain and corn) in the same meal to obtain all eight essential amino acids. Black-eyed peas and rice, a traditional southern dish, is an excellent example of this.

Diane's recipe 'Chickpea Tortilla' or 'Vegan Spanish Omelette' (without eggs) is a versatile recipe that is quick and tasty. Adding corn allows us to combine a pulse and a cereal to create a dish that provides a complete protein. There are many others!

VEGAN SPANISH OMELETTE

1 cup ['Best' Chickpea Flour](#)

2/3 cup warm water

2 Tbsp yeast (1 pack of instant yeast)

Salt to taste

Vegetables, your choice! [1/2 onion (peeled and roughly chopped), 1 clove garlic (peeled and crushed), corn (1/3 cup), 1/2 red pepper (cored and chopped), potato (partly cooked and chopped), sweet potato (partly cooked and chopped), etc.]

1 Tbsp olive oil

1. In a medium bowl, mix together ['Best' Chickpea Flour](#), warm water, yeast and salt. Place on one side to rest.
2. Gently fry in olive oil your chosen vegetables.
3. Once cooked through, add to the batter and mix.
4. Coat a pan in olive oil. Once warm enough, add batter and cook as you would an omelette.

Note: it may not be easy to toss to brown top side if in large pan. Place under hot grill for a minute or two to brown the top.

['Best' Whole Chickpea Flour](#) is a good source of carbohydrates and protein, and important vitamins such as riboflavin, niacin, thiamine, folate and the vitamin A precursor β -carotene. [Best Whole Chickpea Flour](#), made from *whole* Kabuli chickpeas, contains more naturally-occurring folate than enriched wheat flour.

Chickpea has several potential health benefits, and, in combination with other pulses and cereals, it could have beneficial effects on some of the important human diseases such as cardiovascular disease (CVD), type 2 diabetes,

digestive diseases and some cancers. ([Jukanti et al. Nutritional quality and healthy benefits of chickpea \(*Cicer arietinum L.*\): a review, *British Journal of Nutrition* \(2012\) 108: S11-S26.](#))

'Best' [Whole Chickpea Flour](#), [Whole Yellow Pea Flour](#), [Green Split Pea Flour](#) and [Pea Fiber](#) are now available from the Best Cooking Pulses, Inc. [Shop Online](#).

Recipe challenge: submit a recipe that uses one of 'Best' flours or pea fiber. If we publish it, you receive up to \$50 of free product from the Best Cooking Pulses [Shop Online](#).

Here's to good taste and good health!
Margaret

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