

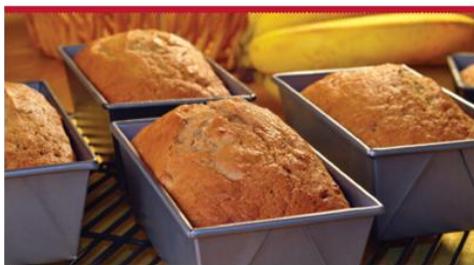


PEA SNAPS... new Gluten-Free Recipe Booklet from Pulse Canada

February 26, 2011



PULSES and the Gluten-Free Diet COOKING WITH BEANS, PEAS, LENTILS AND CHICKPEAS



Pulses and the Gluten-Free Diet: Cooking with beans, peas, lentils and chickpeas has just been published by [Pulse Canada](#). It contains helpful information on cooking with pulses, as well as 26 recipes. [Shelley Case](#), RD, consulting dietician and author of [Gluten-free Diet: A Comprehensive Resource Guide](#) provided content. [Carol Fenster](#), PhD, consultant and author of several gluten-free cookbooks including [100 Best Gluten-free Recipes](#) developed many of the recipes.

[Best Cooking Pulses](#) was pleased to supply Carol with [BEST Organic Whole Yellow Pea Flour](#) and [BEST Organic Chickpea Flour](#). Carol had not previously worked with these flours. After her formulation work, she was more than happy to provide a testimonial: "[BEST Whole Yellow Pea Flour](#) and [BEST Whole Chickpea Flour](#) produce mouth-watering baked goods with a beautiful texture, plus they stay fresh longer. You will love what these flours do for your baking."

[Shelley Case](#) commented on the nutritional quality: "[BEST Whole Yellow Pea Flour](#) and [BEST Whole Chickpea Flour](#) are nutrient dense, high in vitamins and minerals, dietary fibre and protein, yet low in fat. They improve the nutritional quality of gluten-free baked

products." The nutritional quality is a result of the whole seed goodness.

The booklet includes many useful tips. It was particularly helpful to learn how to properly measure pulse flours: "To measure flour, whisk it in the canister a few times to aerate it and then lightly spoon it into a measuring cup before leveling it off with a knife. Don't use the measuring cup as a scoop; you'll get 20% more flour in the recipe which can result in dry baked items. Don't pack the flour down and don't measure dry ingredients like flour or sugar in spouted glass measuring cups (meant for liquids) because you may get more than necessary."

Click on the picture of [Pulses and the Gluten-Free Diet: Cooking with beans, peas, lentils and chickpeas](#) to download a copy from the [Pulse Canada](#) website.

Apple Crisp (p. 27) seems just the kind of comfort food we need as we enjoy the last few weeks of winter, looking forward to the promise of spring...

Apple Crisp

Makes 6 servings

FRUIT

5 large Granny Smith apples
Zest and juice of 1 lemon
2 tbsp (30 ml) sugar
1 tsp (5 ml) vanilla extract

TOPPING

½ cup (125 ml) [BEST Chickpea \(garbanzo\) Flour](#)
3 tbsp (45 ml) packed brown sugar
3 tbsp (45 ml) granulated sugar

¼ cup (50 ml) chopped walnuts – *optional*
½ tsp (2 ml) cinnamon
¼ tsp (1 ml) ground nutmeg
⅛ tsp (dash) ground cloves
⅛ tsp (dash) table salt
6 tbsp (90 ml) unsalted butter or buttery spread
1 cup (250 ml) vanilla ice cream – *optional*

1. Place a rack in the middle of the oven. Preheat the oven to 350°F (180°C). Coat an 8X8-inch (glass or ceramic) baking dish with cooking spray.
2. Peel, core and thinly slice the apples. In a large bowl, toss the apples with the lemon zest and juice, sugar and vanilla. Place in the baking dish.
3. In the same bowl, whisk the BEST Chickpea Flour, brown sugar, granulated sugar, walnuts (if desired), cinnamon, nutmeg, cloves and salt with a whisk until blended. Cut in the butter with a fork until the mixture forms small clumps and sprinkle evenly over the apples.
4. Bake 40 to 45 minutes or until the topping is crisp and browned. Serve warm, with vanilla ice cream.

[Marni Wasserman](#), creator of the original [Pea-licious Chocolate Chip Banana Muffin](#), has sent a link to her [oven baked falafel](#) recipe which includes [BEST Chickpea Flour](#). It is far healthier than the usual deep fried variety and freezes well to boot!

Thank you to all of you who sent in testimonials for the [Hummus](#) - it is always good to hear of your successes!

Enjoy the recipes!
Margaret

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