



PEA SNAPS 'When dense is smart...'

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Dense is smart when it refers to nutritionally dense. Peas are high in protein and fibre, and a source of many vitamins and minerals. On top of all this nutrition, they are low in fat. This combination allows dried peas to be referred to as a nutritionally dense food. Now that is smart!

March is Nutrition Month as designated by the Dietitians of Canada "Celebrate food...from field to table." BEST Whole Yellow Pea Flour is processed in Manitoba from Manitoba organic peas. We are available in Manitoba at Organza Natural and Organic Market, Meyer's Drugstore, Planet Organic, Eatit and the Vita Health Fresh Markets stores. We have the product from the field, now let's help you bring it to the table....

This month we are featuring a main course recipe: Zucchini and Yellow Pea au Gratin (based on a Sarah Brown recipe). The recipe is full of good foods - BEST Whole Yellow Pea Flour, onion, rolled oats, zucchini, eggs, and milk, to name a few. In terms of fat, the recipe calls for only one tablespoon of olive oil. When I made this for the first time, my husband ate three pieces (which is significant as we have been married long enough that he is brutally honest about any new offerings).



Zucchini and Whole Yellow Pea au Gratin

Ingredients:

- 1/2cup **BEST Whole Yellow Pea Flour**
- 1/2 cup cold water
- 1T (15ml) olive oil
- 1 onion, peeled and finely chopped
- 1 clove of garlic, crushed
- 1T (15ml) tomato purée
- 1 cup rolled oats
- 1T lemon juice
- 2t chopped mixed herbs (eg. sage, thyme, oregano)
- salt and pepper to taste

filling

- 2 small or 1 medium zucchini diced
- 2 eggs, beaten
- 1T (15ml) BEST Whole Yellow Pea Flour
- 1/4 cup (50ml) skimmed milk
- salt and pepper to taste
- 1/2 cup cheddar cheese, grated

Method:

Add **BEST Whole Yellow Pea Flour** to the cold water and stir until it is a smooth consistency. Set aside. Heat the oil in a pan and gently fry the onion for 3-4 minutes or until soft. Add the garlic and fry for a further 2 minutes. Remove from the heat and mix in the tomato purée, oats, lemon juice and herbs. Add the hydrated BEST Whole Yellow Pea Flour. Season and mix well. The mixture should be thick enough to hold together - if not add more oats. Press the mixture around the sides and base of an 8-inch (20cm) flan dish. For the filling, lightly steam the zucchini for 4 minutes or until tender. Blend the eggs with the flour, and add the milk. Stir in the cooked zucchini and season. Spoon the filling into the flan dish. Cover with grated cheese. Bake in a preheated oven at 375°F (190°C) for 20-25 minutes or until the filling has set. Serve hot (or cold the following day).

Thanks to all those who sent comments and recipes: Diane for the gluten-free and vegan recipes for almond cookies, and fruit cake, Edna for the information on bechamel sauce, Heather for the socca recipe and accompanying pictures of a market in Italy, Jordan of [Gentle Grains Gluten-free Bakery](#) who has begun to use **BEST Pulse Flours** in her baked products, Brad who provided helpful comments on the [Easy Peasy Voyager Pea Soup](#) (less herbs), and Debbie, whose lumpy pea soup has become a family favourite - who knows what a 12 year old will find tasty? Just don't tell him that the 'dumplings' are clumping dried peas.

Please remember that **BEST Pea Flour** and **BEST Pea Fibre** recipe brochures are available as PDFs on the **Best Cooking Pulses, Inc.** website in the [recipe](#) section. As well, previous newsletters are now posted on a blog: peasnaps.blogspot.com. I guess an old dog can learn new tricks...

Happy cooking!

Margaret

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