



Ideas for Cooked Pulses in CACFP Meals or Snacks

A legume is a flowering plant that produces a pod containing seeds that are edible. Pulses are the seeds of a legume. Pulses and legumes are part of the pea, bean and lentil family.

To puree canned beans, drain and rinse the beans, then puree in a food processor using a few tablespoons of water or olive oil to thin the puree to a good consistency.



Cooked dry beans and other legumes may credit cup for cup as a CACFP **vegetable** serving. Example: 1/4 cup baked beans = 1/4 cup vegetable.

OR

To credit cooked dry beans and legumes as a **meat alternate**

1/8 cup beans (2 Tbsp.) = 1/2 oz. meat alternate (2-5 year old snack serving)

3/8 cup beans (6 Tbsp.) = 1 1/2 oz. meat alternate (2-5 year old meal serving)

1/2 cup beans = 2 oz. meat alternate (6-12 year old meal serving)

No Rootin' Tootin' Beans

To reduce the "gassiness" of cooked dry beans, be sure to drain and rinse canned beans (this will also reduce the sodium). If cooking beans from scratch, drain the soaking water; do not use the soaking water to cook the beans.

Bean Quesadilla

Spread 1/2 cup pureed or whole cooked dry beans (or refried beans) on a tortilla. Top with 1 cup shredded cheese. Place another tortilla on top. Brush the tortillas with oil (or spray with cooking spray). Cook on griddle, turning to brown on both sides. Cut the tortilla into 8 pie shaped pieces. 2 pieces = 1 1/2 ounce meat alternate and one serving whole grain.

Hummus

Hummus is a pureed garbanzo bean dip with Middle Eastern origins. Serve with pita or fresh vegetables. Tahini is a sesame seed paste that is in traditional hummus.

- 1 can chickpeas (garbanzo beans), drained and rinsed
- 1/3 cup tahini
- 2 tsp. lemon juice
- 2 Tbsp. water
- 1-2 Tbsp. olive oil or canola oil
- 1/2 tsp. salt
- 1 clove garlic, minced
- 1 pinch paprika

Place the garbanzo beans, tahini, lemon juice, salt, garlic and paprika in a blender or food processor. Blend. If mixture is not smooth, add more lemon juice, more water, or more oil until a good consistency. Transfer mixture to a serving bowl.

Hummus without tahini: Omit tahini from above recipe. For more flavor add choice of seasonings such as 1/2 tsp. or more of cumin or chili powder.

Yield: 1 1/4 cups (20 Tbsp.) 2 Tbsp. of hummus = 1/2 oz. meat alternate.

Mexican Pizza

Use seasoned black beans or refried beans as a topping on a pizza crust. Other toppings may be salsa, diced tomatoes, cooked ground beef or shredded cooked chicken, corn, peppers, cilantro, and cheeses.

