



PULSES POWER THE GF DIET

As someone with celiac disease, I'm happy to see so many new gluten-free products on grocers' shelves. But as a dietitian, I can't help but notice that most are made with flours and starches that are low in fibre, iron and B vitamins.

Enter pulses. Beans, peas and lentils, also known as pulses or legumes, are high in fibre, protein and complex carbohydrates, while low in fat and sodium. These nutritional powerhouses also contain minerals and vitamins such as iron, potassium, magnesium, zinc, folate and other B vitamins. It doesn't hurt that they're also low in cost.

Pulses are available in different forms: dry, canned or flours.

DRY PULSES

- Before cooking, place pulses on a cookie sheet and remove the ones with shriveled or

broken skins, as well as the odd gluten-containing grain such as wheat, rye or barley.

- Dry beans, whole peas and chickpeas must be soaked prior to cooking. (For specific methods and times, see www.pulsecanada.com/pulses-and-the-gluten-free-diet.) Dry lentils and split peas, on the other hand, do not need to be soaked, but should be rinsed before cooking.

CANNED PULSES

- Canned beans, peas and lentils should be placed in a strainer, drained and rinsed for at least 30 seconds. This reduces sodium as well as some of the complex sugars that cause gas.

PULSE FLOURS

- Bean (black, navy, white, romano), chickpea (garbanzo) and pea (yellow or green) flours can be substituted for some of the

traditional flours and starches in recipes.

- Pulse flours absorb more moisture than other flours so you may need to use more liquid or eggs in baked recipes.

Here are some ideas for adding pulses to the gluten-free diet:

- Toss canned black beans or chickpeas in a salad.
- Plain brown rice? Too boring! Mix in lentils or beans.
- Serve hummus with celery or carrots, or spread it on gluten-free crackers or rice cakes.
- Try pulse flours in delicious baking recipes like the Chocolate Brownies recipe online at www.allergicliving.com/beanbrownies.
- Making a gluten-free pizza? Ditch the greasy pepperoni or bacon in favour of black beans as a topping.
- Add cooked whole or puréed lentils or chickpeas to chili or spaghetti sauce and reduce the amount of ground beef.

Shelley Case, RD, is an international celiac nutrition expert, consulting dietitian and author of *Gluten-Free Diet: A Comprehensive Resource Guide*. See www.glutenfreediet.ca.

THE DEFINITIVE GLUTEN-FREE GUIDE

Here's what you'll find in the new *Gluten Free Diet*:

- Detailed food and ingredient information
- Creative ideas for meals and snacks
- Gluten-free cooking and recipes with nutritional analysis
- Prevention of cross-contamination
- Nutrition information and practical strategies for healthy gluten-free living
- Tips for eating out
- Latest breaking news about oats, including position statements from organizations around the world ... and references
- New food and GF labeling regulations in the U.S., Canada, Europe and Australia/NZ, as well as the international Codex Alimentarius
- Over 3100 gluten-free specialty products listed by company name, product name and package size
- Directory of more than 270 American, Canadian and international companies divided into 3 categories: manufacturers of GF products, GF bakeries and GF stores & distributors
- Resources- books, cookbooks, magazines, celiac groups around the world and more!



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