



Try Legumes, You'll Love Them

Legumes are a family of vegetables that include peas, beans, lentils and peanuts. They are a good source of folate and fibre, and contain varying levels of fat.

Legumes are also a great source of protein. Canada's food guide recommends choosing plant-based proteins more often.



Pre-soaking legumes:

Soak 1 cup (250 mL) of legumes in 3 cups (750 mL) of water and follow one method:

1. **Overnight method:** Let stand 8-12 hours or overnight in refrigerator. Drain.
2. **Quick Method:** Bring beans to boil and simmer for 2-3 minutes. Remove from heat, cover and let stand 1 hour. Drain.
3. **Microwave method:** Cover and microwave on high for 10-15 minutes and let stand 1 hour. Drain.

Cooking dried legumes

Legumes	Rinse	Pre-Soak	Amount of water for cooking per 1 cup (250 mL) dry legumes	Cooking Time: bring to boil, reduce heat and simmer until tender	1 cup (250 mL) dry legumes makes
Beans	Yes	Yes	2 ½ - 3 cups (625 to 750 mL)	1 – 1 ½ hrs	2 ½ cups (625 mL)
Whole Peas	Yes	Yes	2 ½ - 3 cups (625 to 750 mL)	1 ½ - 2 hrs	2 ½ cups (625 mL)
Split Peas	Yes	No	2 cups (500 mL)	45 min	2 cups (500 mL)
Whole Green Lentils	Yes	No	2 ½ - 3 cups (625 to 750 mL)	10 – 30 min	2 ½ cups (625 mL)
Split Red lentils	Yes	No	2 cups (500 mL)	5 – 15 min	2 cups (500 mL)
Chickpeas	Yes	Yes	2 ½ - 3 cups (625 to 750 mL)	1 ½ - 2 hrs	2 ½ cups (625 mL)

Canned legumes:

- Are pre-cooked making them convenient and easy to prepare.
- Require little or no cooking.
- Should be drained and rinsed to remove sodium.

3 ways to eat legumes:

1. Add 2 cups (500 mL) of whole or pureed chickpeas or kidney beans to your spaghetti sauce instead of 1 lb (454 g) ground beef.
2. Add ½ cup (125 mL) of cooked legumes to broth-style soups.
3. Add 1 cup (250 mL) of chickpeas to any salad for a different twist.