

# Preparing Pulses in School Meals



## Easy to prepare

Pulses are easy to store; ready to serve from the can; serve hot or cold.



- To open the can: wash and rinse the top of the can before opening; completely remove the top of the can.
- Drain pulses in a colander, if desired.
- Rinsing the pulses will remove up to 40 percent of the sodium.

## Tasty

Pulses are delicious plain or with a variety of seasonings.



- Adapts to many flavor profiles from around the world and at home.
- Pulses are easy to season with spices, herbs, or aromatic vegetables (like onions).
- A splash of citrus juice or bright vinegar will enhance most pulse dishes.

## Versatile

Pulses travel easily from breakfast to lunch.



- Serve at breakfast, lunch, afterschool snack, or supper.
- Serve as side salad, salad topper, side dish, main entrée, breakfast favorite.
- Serve hot or cold, whole or pureed, plain or seasoned, spicy or mild.

## Low cost

On average, pulses cost about 10 cents per serving.



- Blend with higher cost meats and meat alternates to reduce per portion costs. Try blending pulses in tacos, chilis, and burgers.
- Help stretch your food cost budget using pulses from USDA Foods

## PULSE SWAPS



### BEANS

Use selection of **other beans**  
Use **chickpeas**



### CHICKPEAS

Use **white beans** in purees  
Use **lentils** in purees



### LENTILS

Use **split peas**  
Use **white beans**



### SPLIT PEAS

Use **lentils**  
Use **beans**

## INSTEAD OF

Croutons



Mayonnaise or sandwich spread



Taco meat



Burger



Pasta



## try this pulse



Roasted chickpeas



Moroccan Crispy  
Roasted Chickpeas



Creamy bean spread or hummus



White Bean Dip



Cooked lentils



Breakfast Lentil  
Quesadilla



Mashed split peas and squash



Asian-Style Sweet &  
Spicy Veggie Burger



Lentil, pea or chickpea pasta



Pulse-Based  
Products

## Core and More (cross-utilization)

Using the same product across the menu in multiple menu items. This helps control costs, manage inventory, and reduce waste.



Rockin' Ranch  
Hummus



Maple Sriracha  
Baked Chickpeas



Blazin' Buffalo  
Chickpea Salad



Chana Masala



Cinnamon Sugar  
Roasted Chickpeas

For more pulse-inspiration, including recipes, to help you serve more pulses in your programs visit us online at [www.usapulses.org/schools](http://www.usapulses.org/schools) and sign up for our school foodservice newsletter [here](#).