

DISCOVER OUR PULSES PRODUCTS

Offer your customers a nutritious and flavorful product.

Pulses are the dried edible seeds of plants in the legume family. Also known as grain legumes, the most common varieties of pulses are dried beans, dried peas, chickpeas, and lentils.

BENEFITS:

- Packed with nutrients:

High in dietary fibre, source of protein and with essential vitamins and minerals, such as iron, potassium, magnesium, and zinc

- Contribute to food security
- Have countless health benefits
- Sustainable and positively affect the environment
- Promote biodiversity



DISCOVER OUR GREAT PULSE BLENDS SELECTION



Six Bean Blend	Black Beans	Chick Peas	Dark Red Kidney Beans	Lentils	Navy Beans	White Kidney Beans
27886	27777	27229	27118	27448	27778	27557
24 x 540 mL	24 x 540 mL	24 x 540 mL	24 x 540 mL	24 x 540 mL	24 x 540 mL	24 x 540 mL



BLACK BEANS

DESCRIPTION

Tender with a lingering hint of mushroom.

DELICIOUS IN

Soups, rice, salads and salsas. Black beans are originally from South America and are often found in Mexican, Caribbean and Latin American recipes.



CHICK PEAS

DESCRIPTION

A nutty after-taste with a firm, dry texture.

DELICIOUS IN

The foundation of many Middle Eastern dishes like hummus (puréed chickpeas) and falafel (deep-fried, seasoned chickpea balls served in pita bread with fries).



DARK RED KIDNEY BEANS

DESCRIPTION

Mild taste and texture.

DELICIOUS IN

The bean par excellence for Mexican food, chili and Creole dishes. Often used in salads. Rice and beans is an essential staple throughout South America.



LENTILS

DESCRIPTION

Brown when cooked and smaller and rounder than the Laird variety, lentils are firm with a slightly peppery taste.

DELICIOUS IN

Italian recipes, especially soups and pastas. They also work well in salads and rice dishes.



NAVY BEANS

DESCRIPTION

Small, oval-shaped white beans with a delicate taste and floury texture.

DELICIOUS IN

Soups, chowders, salads and purées. The legume of choice for the classic baked beans.



WHITE KIDNEY BEANS

DESCRIPTION

Tender with a subtle, slightly nutty flavour. Creamy when mashed.

DELICIOUS IN

Salads, soups, stews, chilis and ragouts. Often used in traditional Italian dishes like minestrone soup.

RECIPE



MEXICAN BREAKFAST WRAP



Preparation time: 20 minutes
Cooking time: 10 minutes



Servings: 20

Ingredients

76 oz (2.16 l)	Arctic Gardens black beans, rinsed and drained
6 tbsp (90 ml)	Lime juice
1 tsp (5 ml)	Ground cumin
3 tbsp (45 ml)	Vegetable oil
6 c (1.25 l)	Arctic Gardens fajita mix
20	Eggs
½ c (125 ml)	Milk
2 c (500 ml)	Orange cheddar, grated
20	Whole wheat tortillas

* Your choice of toppings: salsa, pickled jalapenos, sour cream, avocado, etc.

Preparation

1. Coarsely mash the black beans with the lime juice and cumin. Season with salt and pepper, and set aside.
2. In a frying pan, heat the oil on high. Add the veggies and cook for 3 to 5 minutes, or until almost cooked. Season with salt and pepper to taste. Set aside.
3. In the meantime, mix the eggs and milk.
4. Scramble the eggs. Season with salt and pepper, and set aside.
5. Top each tortilla with mashed beans, eggs, veggies and cheese. Roll into a burrito and serve immediately with your choice of toppings.

Valeur nutritive Nutrition Facts

pour 1 portion (270 g)
Per 1 serving (270 g)

	% valeur quotidienne *	% Daily Value *
Calories 470		
Lipides / Fat 18 g		24 %
saturés / Saturated 7 g		
+ trans / Trans 0,2 g		36 %
Glucides / Carbohydate 53 g		
Fibres / Fibre 13 g		46 %
Sucres / Sugars 4 g		4 %
Protéines / Protein 22 g		
Cholestérol / Cholesterol 195 mg		
Sodium 610 mg		27 %
Potassium 700 mg		15 %
Calcium 350 mg		27 %
Fer / Iron 4,5 mg		25 %

*5% ou moins c'est peu, 15% ou plus c'est beaucoup
*5% or less is a little, 15% or more is a lot

RECIPE



CURRY ROOT VEGETABLES WITH COCONUT MILK



Preparation time: **20 minutes**
Cooking time: **45 minutes**



Servings: **20**

Ingredients

⅓ c (150 ml)	Vegetable oil
4 c (900 ml)	Arctic Gardens Diced Onions
¼ c + 1 tbsp (75 ml)	Ginger, chopped
2 tbsp (30 ml)	Curry (mild or medium, to taste)
½ tsp (2.5 ml)	Chili or cayenne pepper flakes, to taste
2 tbsp (30 ml)	Garlic, chopped
5 c (1.25 l)	Arctic Gardens julienned carrots
5 c (1.25 l)	Arctic Gardens parsnips
2 ½ c (625 ml)	Fresh tomatoes, diced
10 c (2.5 l)	Arctic Gardens EDTA-free chickpeas, rinsed and drained
⅓ c (90 ml)	Coconut milk
10 c (2.5 l)	Vegetable stock
2 ½ c (625 ml)	Arctic Gardens zucchini, chopped
⅓ c (160 ml)	Fresh cilantro, chopped
⅓ c (80 ml)	Lime juice
	Salt and pepper to taste

Preparation

1. In a pan, sweat the onions and ginger for 5 minutes, stirring frequently. Add the spices and garlic and cook for 2 minutes, stirring.
2. Add carrots, parsnip and tomatoes. Cook for 4 minutes.
3. Add the chickpeas, coconut milk and vegetable stock. Bring to a boil, reduce heat and simmer for 15 to 20 minutes. Season with salt and pepper to taste.
4. Add zucchini, cilantro and lime juice. Continue cooking for 5 minutes.
5. Serve the curry with basmati rice or riced cauliflower. Garnish with fresh cilantro (optional).

Valeur nutritive Nutrition Facts	
pour 1 portion (320 g) Per 1 serving (320 g)	
Calories 310	% valeur quotidienne * % Daily Value *
Lipides / Fat 14 g	19 %
saturés / Saturated 2 g	
+ trans / Trans 0 g	10 %
Glucides / Carbohydrate 38 g	
Fibres / Fibre 9 g	32 %
Sucres / Sugars 9 g	9 %
Protéines / Protein 9 g	
Cholestérol / Cholesterol 0 mg	
Sodium 240 mg	10 %
Potassium 350 mg	7 %
Calcium 75 mg	6 %
Fer / Iron 3 mg	17 %

*5% ou moins c'est peu, 15% ou plus c'est beaucoup
*5% or less is a little, 15% or more is a lot