



Also known as Quebec chickpeas!

BENEFITS

With more fiber and less saturated fat than other types of high-protein foods, legumes are good for your heart. An important source of protein and iron, and high in fiber, legumes provide a boost to your health!¹ They satisfy hunger (provide a sensation of fullness) and have one other super power: they help maintain healthy digestion!

The expanded production of legumes can be key to increasing resilience to climate change. Thanks to their broad genetic diversity, we are able to choose varieties that are adapted to changing conditions.

Their ability to capture nitrogen from the air helps nourish the soil, increase its biodiversity and improve its structure.² They require less nitrogen fertilizer, and this helps lower GHG emissions.

GOOD TO KNOW

- You're not wrong: yellow peas have replaced chickpeas! It's a great alternative, and it's grown locally!
- Beware: the taste of yellow peas is more bitter than chickpeas... If you prefer to tone down the bitterness, you can add a few drops of balsamic vinegar to finish the seasoning. And that's it!
- Bonus: it's even cheaper to buy dried yellow peas and cook them yourself. In a large saucepan, let them simmer uncovered over medium heat for at least 30 minutes before preparing the hummus. The yellow peas should be sufficiently melting when cooked!
- You can enjoy this quick and easy hummus with pita bread or naan, for example.

YELLOW PEA HUMMUS



10 MINUTES

Servings: 1 large bowl

INGREDIENTS

- 500 ml (2 cups) Quebec yellow peas
- Juice of 2 large lemons
- 500 ml (2 cups) tahini
- 2 cloves of garlic
- Salt, to taste
- 30 ml (2 tablespoons) olive oil
- Cumin
- Smoked paprika (optional, to taste)
- Balsamic vinegar (optional, to taste)

PREPARATION

1. In a food processor, blend yellow peas with a little of their juice or cooking liquid, lemon juice, tahini and salt until smooth.
2. Serve in a bowl or on a platter and season with cumin and olive oil.
3. If it's too bitter for you, you can add a few drops of balsamic vinegar and stir!

Source: Malek Batal, Professor of Nutrition, for Équiterre

1. <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-protein-foods/>

2. <https://www.fao.org/newsroom/story/Pulses-and-soils-a-dynamic-duo/en>

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YELLOW PEA DAL



🕒 30 MINUTES 📅 1H30 MINUTES +
1 NIGHT SOAKING

Servings: 4

INGREDIENTS

- 250 ml (1 cup) dried yellow peas
- 30 ml (2 tbsp) vegetable oil
- 1 onion, finely chopped
- 3 garlic cloves, finely chopped
- 1 piece of ginger (5 cm), finely chopped
- 2.5 ml (½ tsp) curry powder
- 2.5 ml (½ tsp) ground coriander seed
- 2.5 ml (½ tsp) cumin
- 2.5 ml (½ tsp) ground turmeric
- 398 ml (1 can) whole Italian tomatoes

PREPARATION

1. The day before, or in the morning, rinse the peas and place in a bowl, covered with fresh water. Soak for 8 hours.
2. Drain the peas and cook in a pan of boiling water with a pinch of salt for about 1 hour, or until the peas are tender and their membranes have split. Skim off any foam that accumulates on the surface.
3. Meanwhile, in a saucepan, sauté the onion and oil over medium-high heat for 10 minutes, or until the onions are golden brown. Add the garlic, ginger, spices and a pinch of salt and mix well. Add the can of tomatoes, taking care to crush them with your fist or a fork to loosen the flesh. Cook for about 8 minutes, or until the colour becomes deep red and the mixture is more like a paste than tomato juice.

4. When peas are ready, drain and save 2 cups of the cooking water. Add peas to tomato mixture and add 1 cup cooking liquid, simmer gently for 20 minutes. Stir, taste, adjust seasoning, add more cooking liquid to reach desired consistency and let simmer a few minutes longer.

Source: Inspired by the Défi je mange local of the Réseau des fermier.ères de famille and the Regroupement les Bio Locaux and adapted by Amélie Parenteau, nutritionist for Équiterre

GOOD TO KNOW

- You can also serve the dal with rice, bok choy, yogurt with lime and salt, naan bread, chapati, etc.
- To balance the taste of the spices, you can also add yogurt, coconut milk and/or coriander!
- Dal can be eaten thicker or with the consistency of a soup, depending on your taste.

HOW IS IT USED IN THE KITCHEN?

- Your grandmother will tell you the same thing: soak your yellow peas before cooking! You can then use them in a delicious pea soup, or even turn them into a tasty local humus!
- Yellow pea flour can also be used in pastries and sauces, or to make pancakes!

WHY ADOPT A PLANETARY HEALTH MENU?

Planetary health menus can improve both human and planetary health.

- **Read our [fact sheet](#) to find out more!**

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