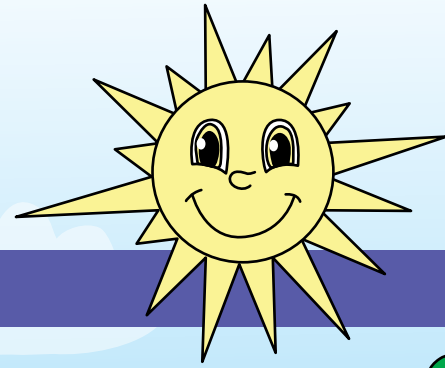


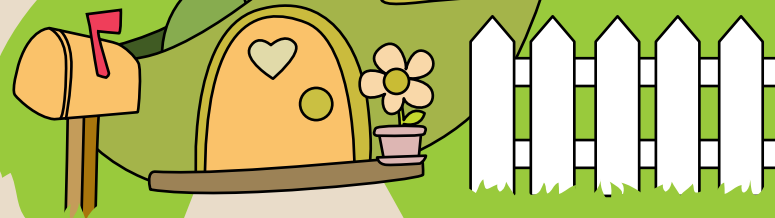
Super Foods Make Super Kids



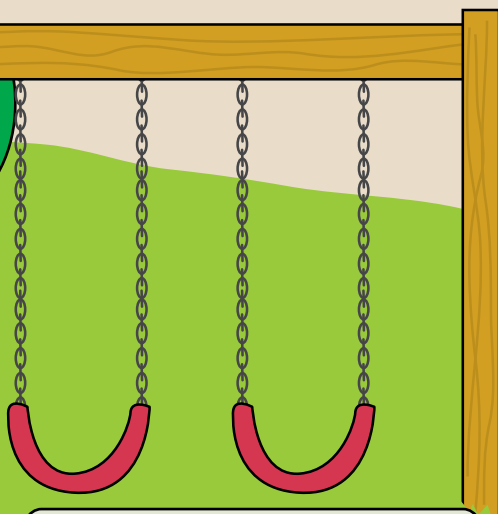
Being Healthy is Fun!



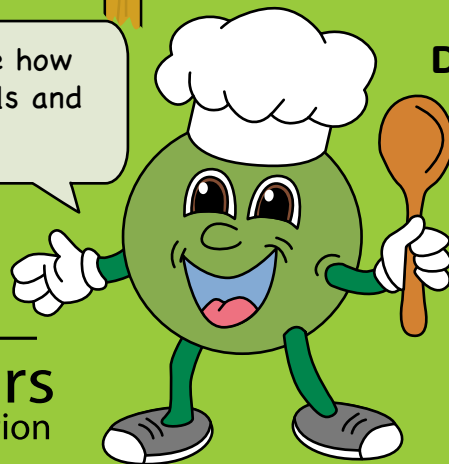
Tase T Lentil



Chel C Chickpea



Come with us to see how nutritious peas, lentils and chickpeas are!



Dan D Pea



Northern
Pulse Growers
Association

Meet Chel C Chickpea, Dan D Pea and Tase T Lentil. They would like you to join their adventure!

History of Pulses

One Pea at a Time

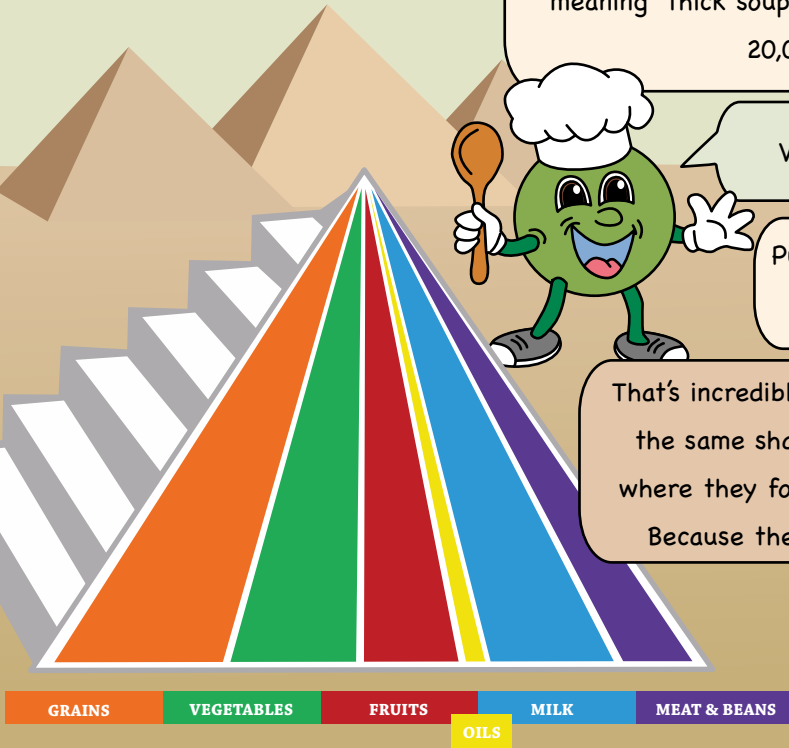
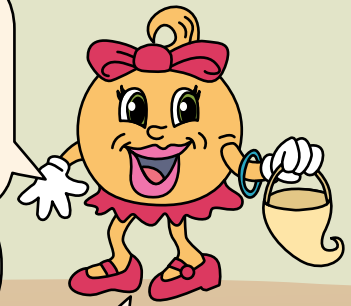
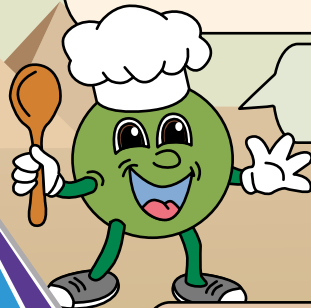
Did you know that dry peas, lentils and chickpeas are called pulses? Pulse comes from the Latin word meaning "thick soup" and dates back to more than 20,000 years ago!

Wow! Can you tell me more?

Pulses have been found in the Egyptian pyramids which were built over 4,000 years ago!

That's incredible. Is that why the health pyramid is the same shape as the 4000-year-old pyramids where they found the peas, lentils and chickpeas? Because they are so healthy and good for us.

The shape of the pyramid helps us remember the amounts we need from each food group.



SCRAMBLED PULSE WORDS

Unscramble the words below to form pulse words found in this book.

1. MERSARF _____
2. TISNUOUTIR _____
3. RADSPMIY _____
4. EAST T LNELIT _____
5. LHEC C PCKIHECA _____
6. TEHALYH _____
7. OOGD ORF OUY _____
8. AND D EAP _____
9. PERSU DOFOS _____
10. HELATYH DISK _____

Split Pea Summer Salad

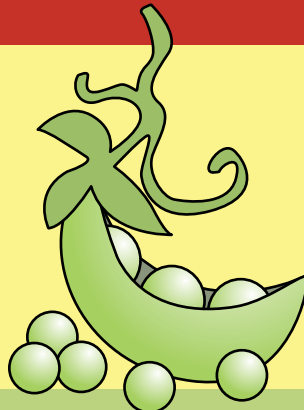


1/2 c. dry green split peas
 1 1/2 c. water
 16 oz. ham, cubed
 2/3 c. Italian dressing (light)
 8 oz. bowtie pasta
 1 1/2 c. bell pepper, chopped
 Salt and pepper to taste

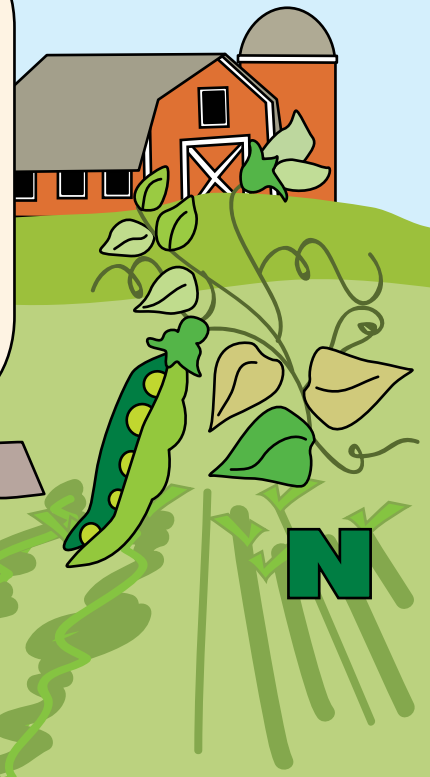
Optional (sliced black olives)

In a medium saucepan, bring peas and water to a boil, reduce heat, cover and simmer until peas are just tender (about 20 minutes). Drain and transfer to a large bowl. Add dressing and set aside. Meanwhile, cook pasta until firm. Toss pasta, peas, pepper and ham. Add salt and pepper. Serve warm or chill and serve cold.

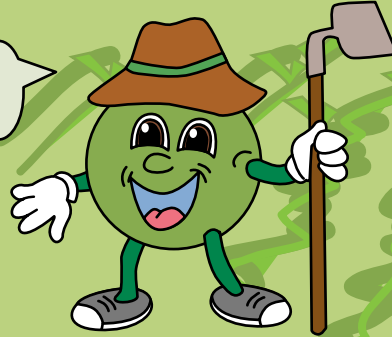
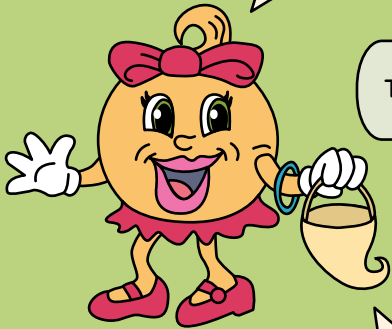
Makes 12 servings. Per serving: 150 calories, 4.5 g fat, 0.9 g saturated fat, 9 g protein, 19 g carbohydrate, 2 g fiber, 500 mg sodium, 1.2 mg iron and 54.7 mcg folate.



Farmers grow peas and lentils, also called legumes, seeds that grow within pods. Legumes are plants that have a special bacteria living on their roots that help make nitrogen. Farmers like growing these special plants because nitrogen is a nutrient all plants need to grow, and legumes are the only plants that make their own nitrogen. People came to like peas, lentils and chickpeas because they are easy to store. Peas, lentils and chickpeas grow in pods and when it comes time to harvest, the vegetable inside the pod is dry and ready for storage, and will last for a very long time. That is why they are called “dry” edible peas, lentils and chickpeas.

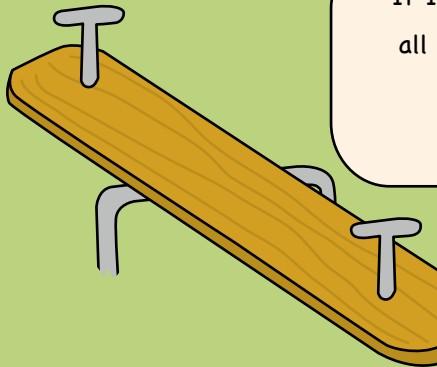


That’s awesome: peas tell us more.

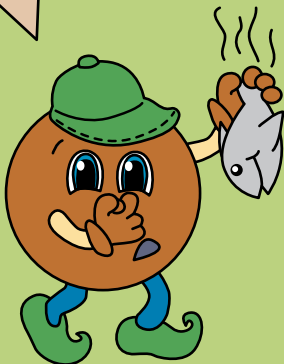


If I tell you more, we’re not going to have time to play on this great playground — and we all know exercise is good for us — but okay, I will tell you more! In 1492, Columbus sailed the ocean blue in search for India. He and his crew were at sea for many months.

What kinds of foods do you think Columbus and his crew ate?



What did they eat? Fish?



Mexican Tostadas




- 1/3 c. lentils
- 1 1/3 c. water
- 2 Tbsp. vegetable oil
- 1 lb. chicken breasts boneless, skinless
- 2/3 c. finely chopped green onion
- 2 cloves garlic minced
- 1 (16-oz.) jar medium salsa (or your choice)
- 1 c. black beans, drained and rinsed
- 1 1/2 c. bell pepper, chopped
- 1 tsp. chili powder
- 1 tsp. ground cumin
- 1/2 tsp. salt
- 8 tostadas
- Optional toppings: Shredded cheese, sour cream, guacamole and black olives

In a medium saucepan, bring lentils and water to boil, reduce heat, cover and simmer until lentils are tender. In a frying pan, cook chicken until it reaches an internal temperature of 165 degrees F. Heat oil in a separate pan and sauté onion and garlic in oil, stirring constantly. Reduce heat and add salsa, lentils, black beans and seasonings. Shred or cube chicken and add to the salsa mixture. Continue cooking until heated through. Portion onto tostadas and top with peppers and your other favorite toppings.

Makes eight servings. Per serving (one tostada, without optional toppings): 220 calories, 8 g fat, 1.4 g saturated fat, 15 g protein, 21 g carbohydrate, 3 g fiber, 820 mg sodium, 1.8 mg iron and 19.6 mcg folate.

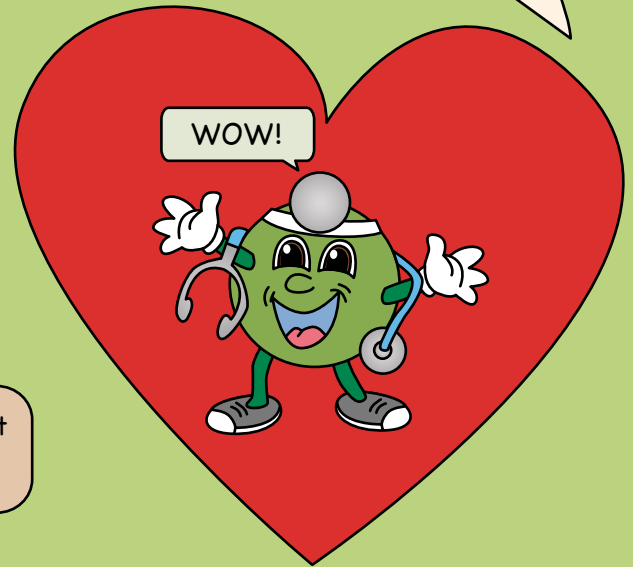
Yes, but mostly peas, lentils and chickpeas, because they are easy to store, and most importantly, they are nutritious. Pulses are being recognized for their role in promoting good health because they are packed full of protein, fiber and many nutrients. Researchers say that eating veggies every day, especially peas, lentils and chickpeas, may reduce the risk of heart disease, diabetes and certain types of cancer.

Good for you! Even though peas, lentils and chickpeas are vegetables, they have so much protein that they also rank in the meat group! Your skin, bones, and muscles need protein to grow and stay healthy.



The Wicked Witch of the West in the Wizard of Oz must have eaten a lot of peas because she was green.

She may have been feeding peas to her pet monkeys. Did you know that peas are used in pet food, too! They are as healthy for pets as they are for humans. If we exercise and eat healthy as kids, we will grow up to be healthy adults.



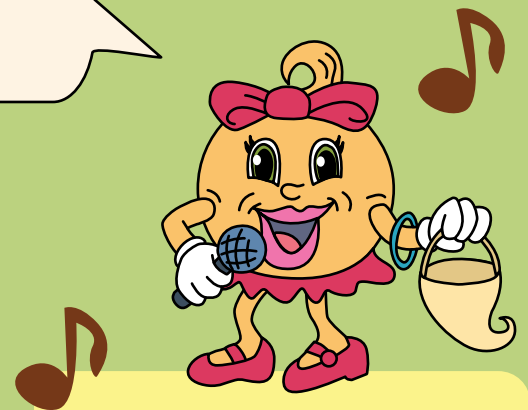
Lentil Mini Pizzas



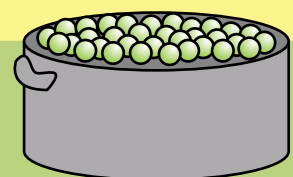
1/3 c. dry lentils, rinsed
1 1/3 c. water
4 (6-inch) whole-wheat pitas
1 medium zucchini, thinly sliced
1/4 c. red onion, thinly sliced into rings
1/2 c. red bell pepper, chopped
1/4 tsp. black pepper
1/8 tsp. salt
1/2 c. garlic-and-herbs spreadable cheese
6 Tbsp. shredded Asiago cheese
(or cheese of choice)

In a 1-quart saucepan, combine lentils with water and bring to a boil; reduce heat, cover and simmer gently until lentils are just tender, about 25 minutes. Drain lentils and set aside. Preheat broiler and place pitas on a nonstick baking sheet; broil for 3 minutes. Heat a nonstick skillet over medium heat; coat with cooking spray. Add zucchini, onion, red bell pepper and salt. Sauté mixture for 3 minutes or until vegetables are crisp-tender. Stir in lentils. Remove pitas from the oven, then spread 2 tablespoons of spreadable cheese on each pita. Top evenly with vegetables and cheese. Broil 3 minutes or until edges are brown and cheese is melted.

Makes four servings. Per serving: 340 calories, 13 g fat, 7.2 g saturated fat, 13 g protein, 45 g carbohydrate, 7 g fiber, 710 mg sodium, 2.8 mg iron and 80 mcg folate.



**Pease porridge hot,
Pease porridge cold,
Pease porridge in the pot,
nine days old,
Some like it hot,
Some like it cold,
Some like it in the pot,
nine days old.**



Baking with Dan D Pea

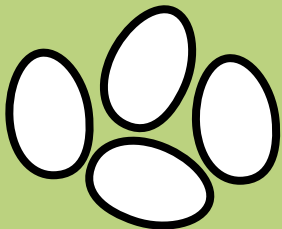
Some things you might need
to make a cake...



chocolate chips



chickpeas



eggs



sugar



baking powder



Chickpea Chocolate Cake



1 1/2 c. semi-sweet chocolate chips*
1 (15-oz.) can chickpeas, rinsed and drained
4 eggs
3/4 c. white sugar
1/2 tsp. baking powder*

Optional toppings: powdered sugar,
frosting or fresh berries

*For a gluten-free cake, check the packaging
of these items for gluten-free labeling.

Preheat oven to 350 degrees F. Grease 9-inch round cake pan. Melt chocolate chips in a microwave-safe bowl, stirring occasionally until chocolate is smooth. Combine chickpeas and eggs in food processor or blender and process until smooth. Add sugar and baking powder; blend. Pour in melted chocolate, then blend until smooth. Transfer batter to prepared cake pan. Bake for 40 minutes or until toothpick inserted in center of cake comes out clean. Cool on wire rack.

Makes nine servings. Per serving (without frosting): 320 calories, 13 g fat, 7.4 g saturated fat, 7 g protein, 47 g carbohydrate, 3 g fiber, 190 mg sodium, 0.8 mg iron and 10.4 mcg folate.

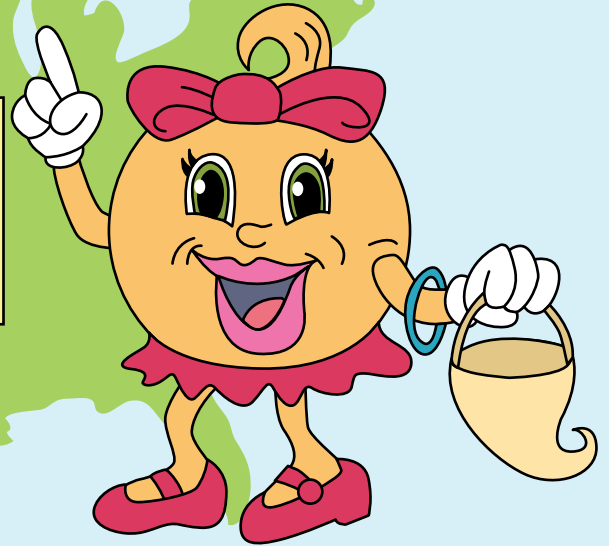
Around the World

#1

Montana

North
Dakota

We Are # 1 - Did you know Montana and North Dakota farmers are the top producers of peas and lentils in the United States. They grow over **80%** of all pulse crops grown in the entire U.S.!
That would make a lot of soup!



UNITED STATES

EXPORTS

SPAIN

INDIA

CHINA

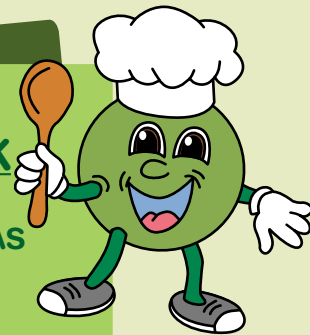
World Travelers - They travel the world, pea by pea - lentil by lentil. Did you know: India and China are major importers of Montana and North Dakota peas, whereas India and Spain are major importers of Montana and North Dakota lentils.

WORD FIND "Pea-zle"

P B D Q P O Y R W H Z C D W L Y U L K W
 B U N R W R G C P R O D U C E R S W Z O
 E T L M Y X S D T D G A N H N W S Z F R
 U K U S J E F E D S S Y L I T J B E B K
 R V Q B E J D Q H E G X H C I W H L A I
 Q E R R F S G I G G B N J K L A F I F N
 T W Q S P T D G B L M S D P S S C V V G
 S F A R M E R S V L D B F E E D Y E J F
 F I P Q R T Y P L K E B V A W N T S V O
 B B H N M O N T A N A P L S P M G T G R
 K E Z X G K M D W T Q D E T Y L B O W T
 H R H G O O D F O R Y O U A X Y M C G H
 R R W E R S T K U O F S N M S N K K H E
 T R T W S N A C K S Y L U N R I H U K G
 J F C H U D O Q Z I M C Y P B T O E A R
 L Q B S H K D G H J K L C V B R P F U O
 S I Q T W E R Y N P G A T U P O D Y O W
 S P R O T E I N V E Z C N M L G Z G K E
 N O A D F H G K N A L E G U M E S G M R
 N T Z C V B P O D S K Q R O P N Q V B S

WORDBANK

CHICKPEAS
 DRY EDIBLE PEAS
 FARMERS
 FIBER
 GOOD FOR YOU
 LEGUMES
 LENTILS
 LIVESTOCK
 MONTANA
 NITROGEN
 NORTH DAKOTA
 NPGA
 PEAS
 PODS
 PRODUCERS
 PROTEIN
 PULSES
 SNACKS
 WORKING FOR
 THE GROWERS

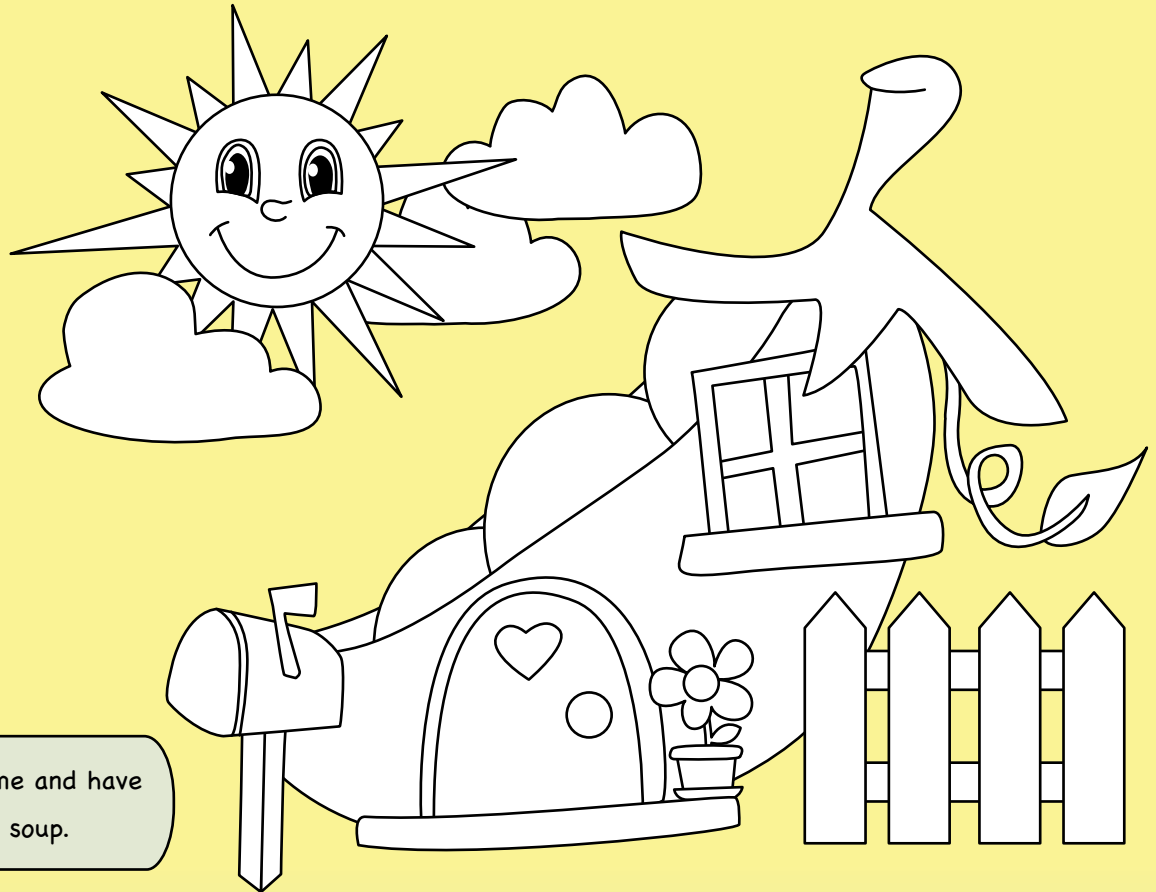


Find the words from the word bank in the puzzle and then use them to fill in the blanks below.

1. Peas, lentils and chickpeas are called _____.
2. _____ and _____ farmers are the top _____ of peas and lentils in the United States.
3. All plants need _____ to grow.
4. _____ come in green and yellow varieties.
5. _____ represents producers of peas, lentils and chickpeas.
6. Feeding pea rations to _____ improves the meat's tenderness.
7. The NPGA's motto is "_____."
8. The healthy snack dip, hummus, is made from _____.
9. Pulses are very nutritious, they have lots of _____ and _____.
10. _____, _____ and chickpeas grow inside _____ and are part of the _____ family.
11. Pulses make healthy _____ and are _____.
12. If _____ were to quit farming, where would we get our food?

SCRAMBLED Answers

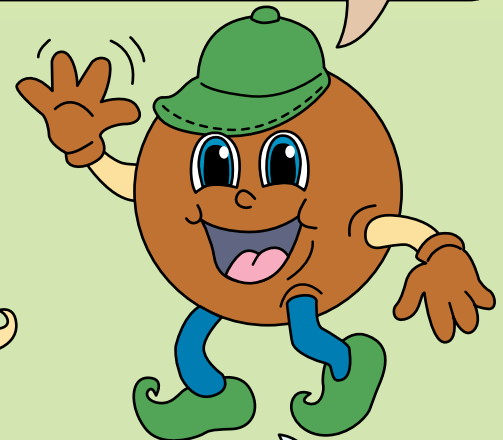
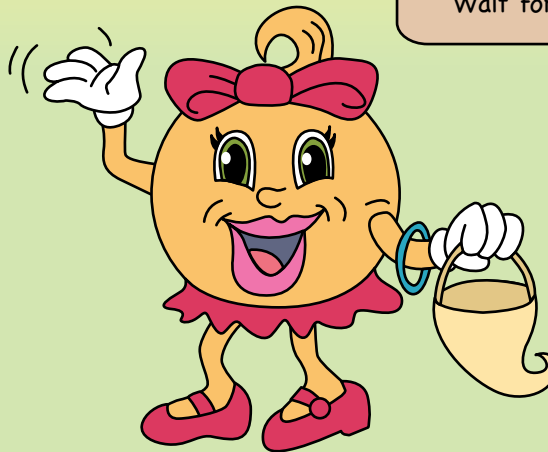
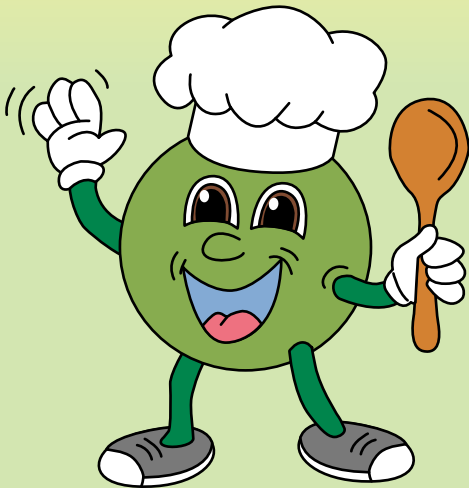
1. Farmers
2. Nutritious
3. Pyramids
4. Tase T Lentil
5. Chel C Chickpea
6. Healthy
7. Good for You
8. Dan D Pea
9. Super Foods
10. Healthy Kids



I'm hungry, I'm going to go home and have a warm bowl of split pea soup.

That's a good idea, I'm going to have some hummus.

Wait for me guys, can I eat at your house?



**Remember to build healthy bodies one pea at a time.
Good-bye everyone — we were peas-ed to meet you!**



Northern
Pulse Growers
Association

1710 Burnt Boat Drive • Bismarck, ND 58503

(701) 222-0128 • www.northernpulse.com

The NPGA would like to thank the USADPLC
for the use of Dan D Pea and Chel C Chickpea characters and the
Pullman Chamber of Commerce for the use of Tase T Lentil character.