

# Pod Power

*When you cook  
with legumes,  
you cook  
with nutritional  
superstars*

intelligent eating

RECIPES CREATED  
FOR CANADIAN HEALTH  
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## Hearty Habitant Pea Soup

2 cups (500 mL) dried yellow split peas  
 1 smoked ham hock, about 1 lb (500 g)  
 8 cups (2 L) cold water  
 1 medium onion, finely chopped  
 2 medium carrots, finely chopped  
 4 garlic cloves, finely minced  
 1 handful celery leaves, finely chopped  
 2 bay leaves  
 10 sprigs fresh thyme or 1 tsp (5 mL) dried thyme  
 Fresh cracked black pepper to taste  
 Sea salt to taste  
 ½ cup (125 mL) fresh chopped parsley

**NOTE** Because ham hocks are cured in salt brine, do not add salt when cooking the soup.

**1** Spread peas in a flat layer and remove any stones or twigs. Rinse peas in cold water and repeat until water remains clear. Remove and discard any peas that float. Set

remaining peas aside. **2** Place ham hock and water in a large saucepan over high heat and bring to a boil for 2 minutes. Skim off any scum that floats to the surface. **3** Add peas, onion, carrots, garlic, celery leaves, bay leaves, thyme and pepper. Bring back to a boil, then reduce heat to low, cover pan and simmer 1 hour, stirring frequently. **4** Remove and discard bay leaves. Remove ham hock. (If you wish, pull meat from bone and reserve for another use.) **5** Simmer soup 15 minutes more, then taste and adjust seasoning. Ladle into soup bowls and garnish with parsley. Serve with your favourite rustic multigrain bread.

*Makes 8 servings*

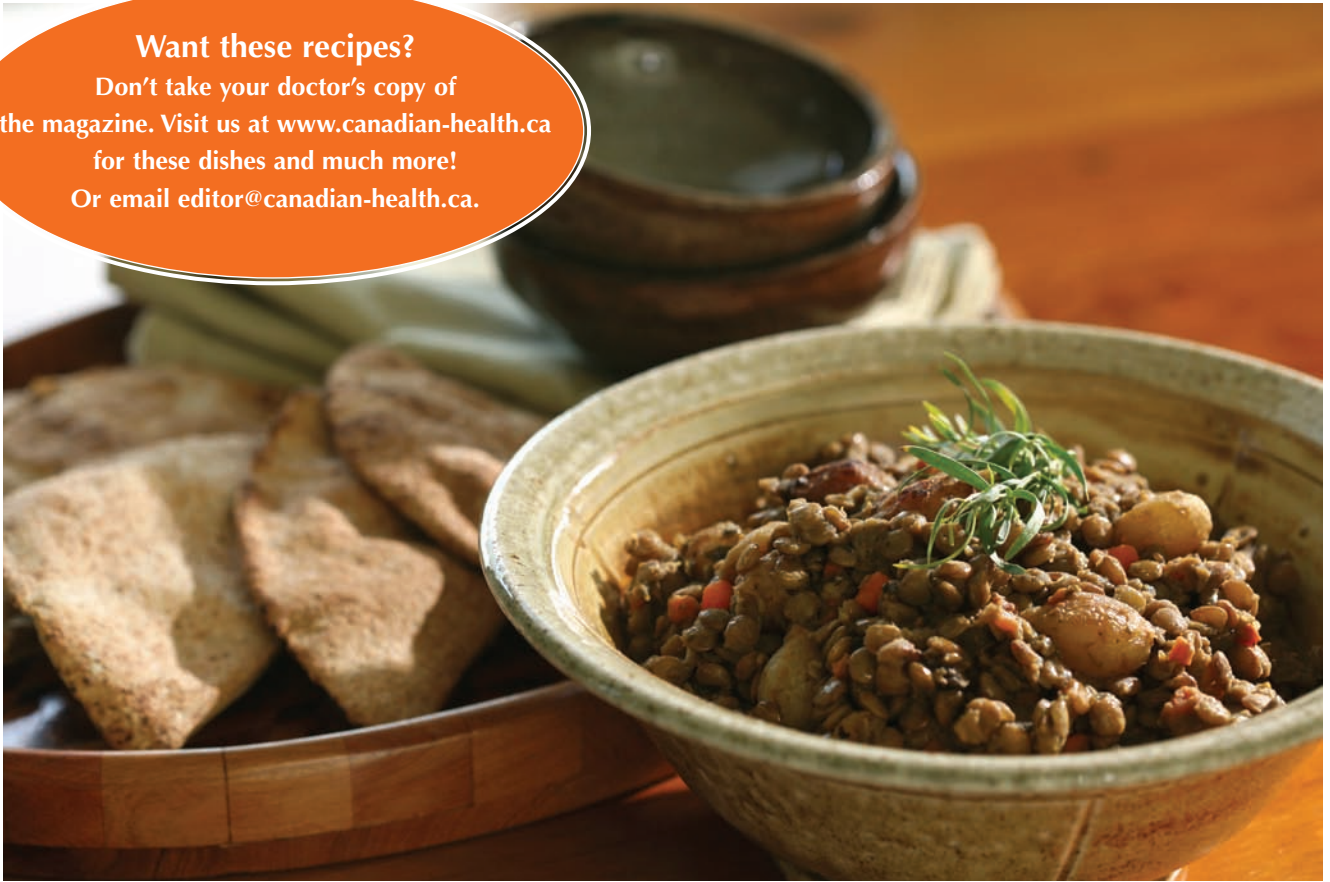
[Per serving 190 calories, 1 g fat, 0 g saturated fat, 0 g cholesterol, 15 g fibre, 11 g protein, 35 g carbohydrates, 500 mg sodium. Excellent source of vitamin A and fibre; good source of iron; source of folate.]

### GIVE PEAS A CHANCE!

Split, green, chick or black-eyed, peas belong to the densely nutritious legume group, along with lentils, peanuts and white, black, soy, lima and kidney beans (among others). These edible seeds of the family Leguminosae develop in characteristic pods that split along two seams. Also known as pulses, they are rich in soluble fibre, protein and protective plant compounds. Many a person who went to jail or joined the armed forces came out healthier for an institutional diet high in dried beans and peas. These pod-borne fruits are excellent alternatives to animal-protein foods that can be high in saturated fat, such as cheese and non-lean red meat. They show evidence of reducing the risk of obesity, diabetes, cardiovascular disease and certain cancers.

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## Lentils With Pearl Onions and Tarragon

2 cups (500 mL) green lentils  
4½ quarts (4.5 L) cold water  
1 lb (500 g) fresh pearl onions, unpeeled  
2 tbsp (30 mL) cooking oil  
2 large carrots, cut into small pieces  
4 garlic cloves, finely minced  
1 bay leaf  
3 tbsp (45 mL) finely chopped fresh tarragon leaves or 2 tsp (10 mL) dried tarragon  
Sea salt to taste  
Fresh cracked black pepper to taste

**1** Spread lentils in a flat layer and remove any stones or twigs. Rinse lentils in cold water and repeat until water remains clear. Remove and discard any lentils that float. Set remaining lentils aside. **2** In a large saucepan, bring 3 quarts (3 L) of the water to a boil, add onions and blanch 1 minute. Drain in a large colander, refresh onions with cold water, then peel. **3** In a separate

large saucepan, heat oil over medium-high heat. Add onions (they should sizzle) and gently stir until lightly brown. Add carrots, garlic, bay leaf, tarragon and salt and pepper. Cook 30 seconds (don't let garlic turn brown). Add lentils and remaining 1½ quarts (1.5 L) water. **4** Bring to a boil, then reduce heat to low, partially cover pan and simmer, stirring occasionally, until lentils are tender, 15 to 30 minutes, depending on

size and age of lentils. **5** Remove and discard bay leaf, strain lentils through a fine sieve, and serve hot with warm whole wheat pita bread.

*Makes 8 servings*

[Per serving 220 calories, 4.5 g fat, 0.5 g saturated fat, 0 mg cholesterol, 9 g fibre, 11 g protein, 36 g carbohydrates, 500 mg sodium. Excellent source of iron and fibre; good source of vitamin A; source of folate]

**AGENT ORANGE** If an apple a day keeps the doctor away, so, probably, does a serving of an orange fruit or vegetable, such as carrot, squash, pumpkin, cantaloupe, mango and apricot. Orange, yellow, red and dark green (beneath the chlorophyll) produce contains antioxidant pigments called carotenoids. One of these is beta carotene, a precursor of vitamin A, the all-important vision vitamin. Carotenoids protect against macular degeneration of the eye and help lower heart disease risk. U.K. researchers report that falcarinol, a natural pesticide found in carrots, inhibits malignant cells and may cut cancer risk.

# Lemon Bean Cake With Berry Glaze

1 large lemon (preferably organic)  
 2 cups (500 mL) cooked white  
 pea beans (not canned)  
 2 large omega-3 eggs  
 ¼ cup (175 mL) granulated sugar  
 1 tsp (5 mL) baking powder  
 ½ tsp (2 mL) icing sugar (optional)

## BERRY GLAZE

2 cups (500 mL) fresh berries or  
 thawed frozen berries  
 1 tsp (5 mL) granulated sugar  
 ¼ cup (50 mL) water

**1** Preheat oven to 350°F (180°C) and lightly grease an 8-inch (20-cm) springform pan. **2** Zest lemon and set zest aside. Cut lemon in half crosswise and squeeze out ¼ cup (50 mL) juice. **3** Place beans in a food processor, add lemon juice and zest, and pulse until smooth. Add eggs, granulated sugar and baking powder and blend until smooth. **4** Pour batter into prepared pan

and bake 45 minutes or until a toothpick inserted into centre of cake comes out clean. **5** Allow cake to cool on a wire rack. **6** Meanwhile, place 1 cup (250 mL) of the berries in a small saucepan and add granulated sugar and water. Bring to a boil, then lower heat and simmer 5 minutes or until berries break up into small pieces. Let cool. **7** Carefully remove cake from pan. If desired, place icing sugar in a fine sieve and lightly dust top of cake. **8** With a large spoon, spread glaze over top of cake in an even layer or a zigzag pattern. Garnish with remaining 1 cup (250 mL) berries and serve.

*Makes 8 servings*

[Per serving 150 calories, 1.5 g fat, 0 g saturated fat, 55 mg cholesterol, 6 g fibre, 6 g protein, 36 g carbohydrates, 85 mg sodium. Good source of plant protein and fibre; source of folate]

## NATURE'S CROWN JEWELS

With their gem-like colours, berries have long been valued for their culinary beauty as well as their vitamin C and fibre content. A cup of fresh raspberries can contain as much as 8 g of fibre, more than 25% of your daily requirement. Recent research, however, has focused on berry power as a defence against oxidative damage from rogue oxygen molecules called free radicals. This power stems from pigments such as anthocyanins, which give berries their dazzling red and violet hues. Heart disease, cancer and age-related cognitive decline may all retreat in the face of the protective plant chemicals in the berry arsenal. Research at Ohio State University, in Columbus, found promise in a topical black-raspberry extract for blocking skin cancer cells. 