



**UWI**

ST. AUGUSTINE  
CAMPUS

FACULTY OF FOOD  
AND AGRICULTURE

# PULSES FOUND IN TRINIDAD & TOBAGO

*BLACK BEANS*



*LIMA BEANS*



*YELLOW SPLIT PEAS*



*GREEN SPLIT PEAS*



Pulses are the dry seeds of leguminous plants and fall under the Caribbean food group Legumes and Nuts. Leguminous plants reduce the need for fertilizers, enrich soil and contribute to food security. Moreover, pulses are a great meat substitute for use in vegetarian dishes.

*CHICK PEAS*



*RED BEANS*



*BROWN LENTILS*



*RED LENTILS*



Pulses are very nutritious, and provide folate, calcium, iron, potassium, phosphorus, dietary fibre, complex carbohydrates and protein. They also contain resistant starch which is fermented by bacteria in the gut and helps maintain a healthy digestive tract.

*PINTO BEANS*



*BLACK EYED PEAS*



*BLACK MUNG BEANS*



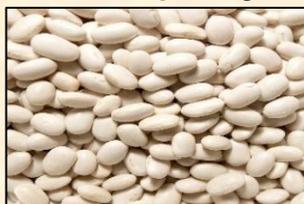
*GREEN MUNG BEANS*



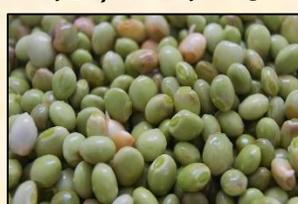
Pulses also contain various antioxidants and, when prepared in healthful ways, help manage diabetes, support weight management, lower cholesterol levels, reduce inflammation and protect against cancer and heart disease.

Scroll for some recipes to try!

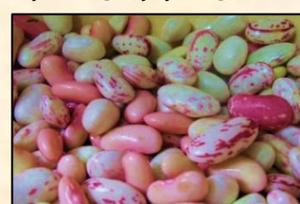
*NAVY BEANS*



*PIGEON PEAS*



*CRANBERRY BEANS*



# RECIPES USING PULSES FOUND IN TRINIDAD & TOBAGO

## *Black Bean Tuna Salad Wraps*

Makes 4 wraps

### Ingredients:

- 4 whole wheat tortilla wraps
- 1 can (142g) tuna flaked in water
- ¼ cup canned black beans, rinsed and drained
- ¼ cup diced sweet pepper
- ¼ cup chopped tomatoes
- ½ avocado, diced
- 1 tbsp chopped parsley or cilantro
- ½ tsp chili powder
- ¼ tsp each ground cumin (geera) and onion powder
- Salt and garlic powder to taste
- ¼ - ½ cup mayonnaise
- Lettuce leaves

### Method:

1. Mix tuna, black beans, sweet pepper, tomatoes, avocado, parsley, spices, salt and mayonnaise in a bowl. Divide into 4.
2. Lay a tortilla on a flat surface and layer with lettuce leaves.
3. Put a few spoons of black bean-tuna mixture in the centre of the tortilla.
4. Wrap tortilla by rolling from one side to the next, tucking in all edges as you go to seal in the mixture.
5. Repeat steps 2-4 for remaining wraps, cut in halves and serve.

### DID YOU KNOW?

The blue-black colour of black beans is due to the presence of anthocyanins, which act as antioxidants.

## *Lentil Patties (Vegetarian)*

Makes 6 patties

### Ingredients:

- 1 cup cooked lentils
- ½ cup breadcrumbs
- ½ cup chopped onion
- ½ cup chopped parsley or cilantro
- ¼ tsp garlic powder
- Salt and cayenne pepper to taste
- 1 flax egg (1 tbsp golden flax seed meal and 3 tbsp water) or 1 egg
- 2 tbsp olive oil

### Method:

1. Mix flax seed meal and water in a small bowl and set aside for 5 minutes to thicken.
2. Mix all ingredients except the olive oil in a bowl.
3. Process half of the mixture in a food processor or chopper until a paste consistency is reached. Mix with other half of mixture.
4. Divide into 6 portions and shape into 3" patties.
5. Fry patties in a skillet for 2-3 minutes on each side or brush with oil and bake at 375°F for 15-20 minutes, flipping at half-time.

# RECIPES USING PULSES FOUND IN TRINIDAD & TOBAGO

## *Mung Beans and Rice*

Serves 4

### **Ingredients:**

- ½ - ¾ cup dried mung beans, soaked overnight
- 1 cup rice
- 1 – 1 ½ tbsp cilantro or parsley, chopped
- 1 medium onion, chopped
- 2-3 tbsp oil
- Salt to taste
- Water as needed
- Plain yogurt for serving (optional)

### **Method:**

1. Heat oil in a large pot and sauté onions until light brown. Stir in rice and beans and cover with enough water (about 1cm above the level of the rice).
2. Cover and bring to a boil. Then, lower heat and cook for 30 minutes until rice and beans are tender. Add cilantro. Serve with yogurt.



### **COOKING TIP**

Soaking beans for at least 8-12 hours reduces the gas-causing carbohydrates and also lessens cooking time.

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