Pulses in Sustainable Food Systems

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Exploring New Uses for Chickpeas

Chickpeas, like peas, lentils and beans, are pulses. They provide plant protein and dietary fibre. Chickpeas illustrate how pulses can diversify cropping systems and serve as ingredients in new food products.

Pulses in Crop Rotations

Pulses add diversity to crop rotations, for example when grown in sequence with cereals. Bacteria in root nodules fix nitrogen from the air and make it available to the plant.

From Chickpeas to Food Products

Dried chickpeas store well. Once cooked, they can be used whole or puréed. The dried peas can also be milled into flour. The choice depends on the desired flavour and texture of the finished product.

Chickpeas can provide plant protein even in foods where pulses are an unexpected ingredient. Using chickpeas in new versions of familiar foods offers more ways to include pulses in everyday meals.

Chickpeas as a versatile ingredient



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