

EASY WAYS TO EAT PULSES

- Buy tinned beans and lentils – you can use them straight from the tin (choose the ones without added salt)
- Add cannellini or butter beans, or green or brown lentils, to a salad for lunch
- Buy lentil or bean soup (tinned or fresh) for lunch (choose one that is low in salt)
- Add extra kidney beans to your favourite chilli
- Homemade hummus using tinned chickpeas only takes a couple of minutes to make if you have a food processor – it's cheaper than shop-bought
- Snack on hummus (homemade or shop-bought) with vegetable sticks, or use hummus in sandwiches instead of butter or mayonnaise
- Replace half the meat in your bolognese with green or brown lentils

