Beans and Lentils

Cook After Soaking

Beans should be soaked overnight before cooking. They will soften up and cook more quickly. Most beans will cook in about 1-2 hours after soaking—just check them for tenderness to see if they are done after cooking about an hour, from every 15 minutes. When you’re short on time, “quick soak” dried beans by bringing them to a boil in water, removing from heat and letting them sit for 1-2 hours before cooking. Garbanzo beans and black beans can also be cooked 2-4 hours without a presoak.

Garbanzo Beans, also known as Chickpeas, originated in the Middle East. Add your beans to a large pot and cover with 3 inches of cold water. Bring the water to a boil, lower the heat and simmer, covering the pot until the beans are soft. Chickpeas can be blended with other oil, salt and lemons to make a simple hummus, or add curry powder and yogurt for an Indian twist.

Kidney Beans are a great meat substitute in chili and can also be added to most recipes. They will take on the flavors of whatever you cook them with: carrot, garlic, and onion, or ham hock and bacon ends. For a delicious easy soup, sauté onion and garlic for extra flavor and cover with 3 inches of water. Bring to a boil, then reduce the heat, cover, and simmer until tender. Black beans can be tossed after cooking with lime juice, olive oil, and tomatoes for a delicious summer salad!

Yellow-Eyed Beans are a delicious bean—similar to a navy bean, but much creamier! Bring the beans to a boil, and then reduce to a simmer until the beans are soft. Yellow-Eyed Beans are mild in flavor and can be used in most recipes. They will take on the flavors of whatever you cook them with: carrot, garlic, and onion, or ham hock and bacon ends. For a delicious easy soup, sauté onion and garlic in a pot, add chicken stock and cooked yellow-eyed beans, simmer, add chopped kale and salt to taste.

Cook Without Soaking

Lentils and split peas do not need to be soaked before cooking, and are quicker to prepare than dried pulses.

Split Peas are especially common in Latin American or Cajun and Creole foods. Add the peas to a large pot with chopped onion and garlic for extra flavor and cover with 3 inches of water. Bring to a boil, then reduce the heat, cover, and simmer until tender. Black beans can be tossed after cooking with lime juice, olive oil, corn and tomatoes for a delicious summer salad!

Beans and lentils are known as “pulses”—the dry edible seeds of plants in the legume family. They grow well in Eastern Washington and are an excellent source of protein.

Washington’s Top 10 Pulses

1. **Yellow-Eyed Beans**
   - Especially common in Latin American or Cajun and Creole foods.
   - Add the beans to a large pot with chopped onion and garlic for extra flavor and cover with 3 inches of water. Bring to a boil, then reduce the heat, cover, and simmer until tender. Black beans can be tossed after cooking with lime juice, olive oil, corn and tomatoes for a delicious summer salad!

2. **Garbanzo Beans**
   - A great meat substitute in chili and can also be added to most recipes.
   - They will take on the flavors of whatever you cook them with: carrot, garlic, and onion, or ham hock and bacon ends.

3. **Kidney Beans**
   - A great meat substitute in chili and can also be added to most recipes.
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4. **Black Beans**
   - Especially common in Latin American or Cajun and Creole foods.
   - Add the beans to a large pot with chopped onion and garlic for extra flavor and cover with 3 inches of water. Bring to a boil, then reduce the heat, cover, and simmer until tender. Black beans can be tossed after cooking with lime juice, olive oil, corn and tomatoes for a delicious summer salad!

5. **Yellow-Eyed Beans**
   - A delicious bean—similar to a navy bean, but much creamier!
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6. **Garbanzo Beans**
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8. **Yellow-Eyed Beans**
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Leafy greens grow well in Washington’s cooler climate. Hearty greens, like kale, can even be grown and harvested through winter!

TASTE TIPS

- Dark leafy greens are a nutritional powerhouse. They are a rich source of calcium, magnesium, potassium, iron, beta-carotene, vitamin B-complex, vitamin C, vitamin A, and vitamin K.
- Greens purchased from a farmer’s market can often be stored in the refrigerator for up to one week.
- If you purchase greens from a grocery store, buy them in smaller amounts. More delicate greens like spinach or lettuce may not keep for more than two or three days.
- When choosing greens, choose crisp dark colored leaves, with no discoloration or wilting.
- Greens are versatile! Serve raw in a salad, add to soup or stew, blended into a smoothie, or added to pasta or grain dishes.
- Mixed greens and leafy vegetables are best eaten raw, while heartier greens like cabbage, kale, beet greens, and collard greens are often cooked or massaged until tender.
- Be sure to rinse all greens in cold water before eating to ensure that greens are free of dirt and debris.

Romaine

A crunchy, delicious substitute for iceberg lettuce. Use it in a variety of salads—you can even grill it!

Cooking Tips: Fill large leaves of romaine with raw chopped vegetables, carrots, cucumbers, and peppers. Work well. Add a whole grain, like quinoa or brown rice, and drizzle with your favorite salad dressing, or a pearl sauce. Hold the lettuce like a boat and take a bite!

Swiss Chard

This colorful vegetable is a beautiful addition to any recipe. Both the stems and the leaves of chard can be eaten, so be sure to include both in your meal.

Cooking Tips: Sauté 1 tbsp each of chopped garlic and ginger in oil for about 1 minute. Add chopped bok choy leaves and 2 cups cooked black beans and cook for 5–8 minutes or until stems are tender. Season with salt and pepper. Eat as a side dish, or mix in with whole grain pasta or pintos beans and rice for a more complete meal.

Bok Choy (also known as “pa choy”) is a green commonly found in Asian dishes. It is delicious and tender raw, but is also a lovely addition to stir-fry and soups.

Cooking Tips: Sauté 1 tsp each of chopped garlic and ginger in oil for about 1 minute. Add chopped bok choy leaves and 2 cups cooked black beans and cook for 5–8 minutes or until stems are tender. Season with salt and pepper. Eat as a side dish, or mix in with whole grain pasta or pintos beans and rice for a more complete meal.

Collard Greens

Serve as a side to any meal!

Cooking Tips: Sauté 1 bunch of collard greens with 1 tbsp of olive oil for 1 minute. Add 1 bunch chopped beet greens and cook until tender. Serve as a side to any meal!

Collard Greens are a staple in the South, often slow cooked with a ham hock, bacon, or a turkey leg. They also work well in lighter, faster recipes, with a ham hock, bacon, or a turkey leg.

Collard Greens are a hearty, mild green. Serving Tips: Sauté 1 bunch with a tsp of garlic and add to pasta in a 1½ cup of cooked chickpeas. Top with olive oil, lemon zest, and grated Parmesan for a quick pasta dish.

Spinach is a mild tasting and tender green and is delicious raw. When cooked, it will beautifully and remain tender without overcooking. It is an excellent addition to green smoothies where its mild vegetable flavor is concealed by the fruit!

Cooking Tips: For a tropical smoothie, blend 1½ cups of spinach, 2 chopped frozen bananas, and 1 cup of orange juice. Add orange juice as needed to achieve desired thickness. Pour into a glass and top with a sliced banana and pepitas for extra crunch.

Kale

There are many different varieties of kale, including Tuscan, Dinosaur Kale, Curly Green, Curly Red, and Red Russian. They all look a little different but can be cooked and eaten in the same manner.

Cooking Tips: For a delicious fall salad, massage 1 large bunch kale with 1 tbsp of lemon juice and 2 tbsps of olive oil. Add ½ tsp of salt. Massage leaves until kale has shrunk, and is tender. Add cubes of roasted winter squash and toasted pumpkin seeds for extra crunch. Top with cooked lentils or chickpeas.

Cabbage

Although cabbage can be cooked in many dishes, its crunchy flavor is most delicious in a raw salad or coleslaw.

Cooking Tips: Shred cabbage thinly on a mandoline or with a sharp knife and toss in a cup (about 1/2 cup) with 1 tsp mustard, 2 tsp Dijon mustard, and 2 tbsp white wine vinegar. Refrigerate until ready to serve for a summer classic.

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Winter Squash

Most winter squashes are not grown through the winter in Washington! Rather, their thick skin allows them to be harvested in fall and stored for up to 2 to 3 months through the winter.

**Butternut Squash**

- Highly productive plants and produce large tubular squashes with ivory skin and orange flesh. They are creamy and buttery in flavor and delicious in soups, or "roasted and toasted on little!"
- **Cooking Tips**: Baked or boiled butternut squash with diced, fresh herbs and onions, and more vegetables or chicken pieces for an appetizing and warming soup. Or cooked and added to chicken or vegetable stock with chopped kale, a can of tomatoes, and cooked chickpeas for a winter minestrone. Add salt, pepper, and Italian seasoning for extra flavor!

**Carnival Squash**

- A winter squash that can easily be eaten with the skin on! It is a highly nutritious squash, perfect for pumpkin pie, stuffed with beans, greens, and a little honey for a nice fall treat.
- **Cooking Tips**: Cut in half, scoop out the seeds, and chop to use in stir-fry. Roast in the oven with herbs and potatoes, or with sweet potatoes, skin on. Remove the squash skin with a fork, about 1½ hours. Carefully remove the skin; it should be very easy to remove. Or eat the squash directly out of the skin, stuffed with beans, greens, and a whole grain like brown rice or farro for a complete meal!

**Delicata Squash**

- Grows to a small, thin-fleshed, round squash with a pointed bottom, they can be cooked and served much like carnival squash!

**Hubbard Squash**

- A winter squash that can store for 3 to 6 months.
- **Cooking Tips**: Sliced in half, bake in a preheated oven at 350°F until the squash is tender enough to be pierced with a fork, about 1½ hours. Carefully remove the innards with a fork until you have a bowl of squash pasta. Add cooked green lentils, dried tomatoes, and arugula or spinach for a Mediterranean meal!

**Spaghetti Squash**

- Like their name suggests, spaghetti squash are full of stringy kernels that can be made like pasta!
- The oblong fruits have smooth rinds that range from tan to orange, and they will store for 3 to 6 months.
- **Cooking Tips**: Bake in a preheated oven at 350°F until the squash is tender enough to be pierced with a fork. Let cool, then scrape out the stringy squash with a fork until you have a bowl of squash pasta. Add cooked green lentils, tomato sauce, and arugula or spinach for a Mediterranean meal!