

# Grey Cup Snacks from Celebrity Chefs




## IN BRIEF

From our kitchen to yours, celebrity chefs share their favorite pulse recipes.

SPG is pleased to announce a new feature in *PulsePoint* magazine. The Celebrity Chefs column will tantalize your tastebuds and provide new ideas on how to include pulses in your meals.

Fall in Saskatchewan would not be complete without the gentle hum of combines in the fields and an animated radio announcer giving the play-by-play for the latest Canadian Football League (CFL) game in the background of the cab.

In this issue, SPG Board Chair Jim Moen and his wife Nancy provide a recipe for Jim's favorite football snacks which are great for the long days in the field or while watching an intense Rider game. Also, two CFL players born in Saskatchewan make time during a very busy season to share their favorite pulse recipes. We hope you'll try all three and that your fans will come back asking for more.

Do you have a favourite pulse recipe to share with our readers? Send it via email to [pulse@saskpulse.com](mailto:pulse@saskpulse.com) or fax it to 306-668-5557, along with your contact information. Bon appetite! 

### Nancy's Chickpea Snacks

Jim Moen, Chair,  
SPG Board of Directors



2 cups (500 ml) Kabuli chickpeas  
3 tbsp (45 ml) olive oil  
popcorn flavoring

Wash well. Put chickpeas in a large pot and cover with water. Let stand covered overnight. In morning drain and rinse well. Return chickpeas to a large pot, cover with water and bring to a boil. Cook until tender. When cooked, drain and rinse well. In a large bowl, add chickpeas and 3 tablespoons of olive oil. Mix well. Place chickpeas on a greased cookie sheet, sprinkle with popcorn flavoring (dill pickle, ranch or garlic salt). Jim prefers sea salt. Cook in a pre-heated 375 °F oven for approximately 45 minutes, stirring occasionally. Cool and enjoy.

**Comments from Jim:** These snacks are great when watching Rider games. Go Riders!

### Mexican Salad

Brian Guebert,  
Winnipeg Blue Bombers



1 cup (250 ml) cooked rice  
1 can kernel corn  
1 red pepper, chopped  
3 green onions, chopped (optional)  
2 tbsp (30 ml) fresh cilantro, chopped  
2 tbsp (30 ml) fresh parsley, chopped  
1 can of black beans, drained and rinsed thoroughly with water

#### Dressing:

½ cup (125 ml) oil  
2 tbsp (30 ml) red wine vinegar  
1 tbsp (15 ml) lemon juice  
1½ tsp (7 ml) chili powder, or to taste  
1 clove garlic, minced  
½ tsp (2 ml) ground cumin, or to taste  
Salt and pepper to taste

In bowl combine beans, rice and other ingredients in separate container, combine dressing ingredients and shake well. Pour dressing over salad and mix well. Refrigerate several hours before serving. Keeps for up to three days in the fridge.

**Comments from Brian:** I really enjoy this salad because it is really easy to make and both filling and refreshing. I want to wish my grandparents Harvey and Jennie Gjesdal all the best with harvest and I look forward to getting back to Birch Hills soon.

### Crunchy Pea Salad

Gene Makowsky,  
Saskatchewan Roughriders



10 oz (300 ml) frozen peas  
1 cup (250 ml) finely chopped celery

½ cup (125 ml) red pepper (optional)  
1 cup (250 ml) finely chopped cauliflower  
½ cup (125 ml) finely chopped green onion  
½ cup (125 ml) bacon bits  
1 cup (250 ml) finely chopped cashews

#### Dressing:

¼ cup (60 ml) sour cream  
¼ cup (60 ml) ranch dressing  
½ tsp (2 ml) dill

Boil water; turn off and add frozen peas. Heat through and drain. Mix all ingredients together and toss. Allow to cool for 1 hour. Serve cold.

**Comments from Gene:** This recipe is great to take to a potluck dinner!