

Celebrity Chefs

Staff Favourites



IN BRIEF

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

The Celebrity Chefs column is designed to excite your taste buds and provide new ideas on how you can include pulses in your family meals.

In this issue we are Celebrating 25 Years by featuring pulse recipes from the Saskatchewan Pulse Growers (SPG) staff. Melanie Goring, SPG Accounting Clerk shares with us her Carrot Cake recipe, a tasty treat that is loaded with extra nutrients. Shelly Weber, Records Administrator shares with us her Greek Pasta Toss salad recipe, a great addition to your next potluck dinner. Finally, Garth Patterson, Executive Director shares with us his Chickpea Beef Burgers recipe – an excellent choice for the upcoming barbecue season.

Try all three and let us know which one your family likes best or if you have a favourite pulse recipe to share with our readers, send it via email to pulse@saskpulse.com or fax it to 306-668-5557, along with your contact information.

Would you like to add more pulses into your meal plans? Sign up **NOW** to receive our monthly pulse recipe. Just email rkehrig@saskpulse.com and indicate that you would like to be added to our new **Monthly Recipe Email List**.

Happy Cooking!

Carrot Cake

Melanie Goring

2 cups (500 mL) sugar
4 eggs
¾ cup (175 mL) canola oil
2 cups (500 mL) pea flour*
2 tsp. (10 mL) baking powder
2 tsp. (10 mL) baking soda
4 cups (1 L) carrots, grated

Cream Cheese Icing:

½ cup (125 mL) butter
8 oz. (250g) cream cheese
1 ½ cups (375 mL) icing sugar
1 tsp. (5 mL) vanilla

Beat sugar & eggs together. Stir in oil. Sift together dry ingredients and stir into egg mixture. Fold in grated carrots. Pour into a 9x13 inch pan. Bake at 350°F for 55 minutes. Mix together cream cheese icing ingredients. Once cake has cooled, top with icing.

*Pea flour can be purchased at any local grocery store or bulk food store.

Comments from Melanie: This cake is great for kids. It is delicious and the pea flour adds extra fibre and protein into their diets!



Greek Pasta Toss

Shelly Weber

1 lb rotini or fusilli pasta
¼ cup (50 mL) olive oil
2 tbsp. (30 mL) balsamic vinegar
1 garlic clove, crushed
½ tsp. (2 mL) salt
¼ tsp. (1 mL) coarsely ground black pepper
9 ripe medium tomatoes cut into thin wedges
2 15 oz. (450 mL) cans chickpeas, rinsed and drained
8 oz. (250g) feta cheese, coarsely crumbled
2 medium size cucumbers, unpeeled and chopped
½ cup (125 mL) black olives, pitted and chopped
½ cup (125 mL) packed fresh dill, chopped

In a large pot, cook pasta. In large serving bowl, with wire whisk, mix oil, vinegar, garlic, salt, and pepper until blended. Add tomatoes, chickpeas, feta, cucumbers, olives, and dill. Toss until evenly mixed and coated with dressing. Drain pasta. Add pasta to tomato mixture in bowl; toss well.

Comments from Shelly: This is a great recipe for pasta salad with a twist!



Chickpea Beef Burgers

Garth Patterson

1 cup (250 mL) cooked chickpeas or canned chickpeas, rinsed and drained
1 lb lean ground beef (Saskatchewan beef is best!)
1 egg
1 package dry onion soup mix
¼ cup (60 mL) quick cooking oats

Mash chickpeas in a food processor or blender. Mix together mashed chickpeas, ground beef and egg. Sprinkle in the onion soup mix and knead until the mixture is a consistent texture. Add in the rolled oats and knead until the mixture sticks together. Form into patties and cook on the barbecue.

Comments from Garth: This is a favourite with our family. Once you have tasted this juicy burger you will not go back to all beef!

