

Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Pulse Flour: A Healthy Baking Alternative



Not all flour is grain. “Pulse flours” are becoming more mainstream as plant-based diets gain popularity. These flours provide a good source of protein along with other nutrients. They are also gluten free. Pulse flours are made from pulses or the edible seeds of legumes, including dry beans, chickpeas, lentils, lupin (lupini) beans, and multiple varieties of peas.

You can buy *chickpea flour* plain or blended with other gluten-free flours. A 1/4-cup serving of chickpea flour contains 120 kilocalories, 21 grams carbohydrate, 5 grams fiber, 1.5 grams fat, and 5 grams protein. Key nutrients include folate, copper, and manganese. This flour has a fine texture. The nutty, mild flavor works well for sweet products.

Lentil flour is the most nutrient-dense pulse flour. You can combine it with other flours, such as almond or brown rice, in sweet and savory recipes. A 1/4-cup serving of lentil flour contains 170 kilocalories, 29 grams carbohydrate, 14.5 grams fiber, 0.5 grams fat, and 12 grams protein. Key nutrients include folate, iron, manganese, and potassium.

Green pea flour has a mild, almost sweet flavor. It is slightly lower in calories than other flours. A 1/4-cup serving of green pea flour contains 100 kilocalories, 18 grams carbohydrate, 8 grams fiber, 0 grams fat, and 8 grams protein. Key nutrients include folate, iron, thiamin, and zinc. Be aware that this flour will turn baked goods green!

Lupin flour is another good source of plant-based protein. A 1/4-cup serving of lupin flour contains 110 kilocalories, 12 grams carbohydrate, 11 grams fiber, 2.5 grams fat, and 11 grams protein. This flour also promotes the “good gut bugs.” Individuals with peanut or soy allergies should be cautious about consuming items prepared with lupin flour. This flour should be blended with other flours to offset the bitter flavor.

Source: [The Ultimate Guide to Pulse Flours](http://www.todaydietitian.com), www.todaydietitian.com.

Slow Cooker Lentils

Serving Size: 1/2 cup | Serves: 6

Ingredients:

- 1 onion, diced
- 2 cloves garlic, minced
- 1 cup dried lentils, rinsed
- 1 tablespoon homemade Taco Seasoning Mix
- 3 cups water

Directions:

1. Spray slow cooker with nonstick cooking spray. Stir all ingredients together in a slow cooker.
2. Cook on high for 4 hours.
3. Use cooked lentils as the filling for lentil tacos, burrito bowls, or taco salads.

TIPS: Visit [Spend Smart. Eat Smart.](http://spendsmart.extension.iastate.edu), spendsmart.extension.iastate.edu, for a [Taco Seasoning Mix](#) recipe.

Use 1/4 teaspoon garlic powder instead of 2 cloves garlic.

Nutrition information per serving:

120 calories, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 15mg sodium, 23g total carbohydrate, 4g fiber, 2g sugar, 0g protein

This recipe is courtesy of ISU Extension and Outreach’s Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit spendsmart.extension.iastate.edu





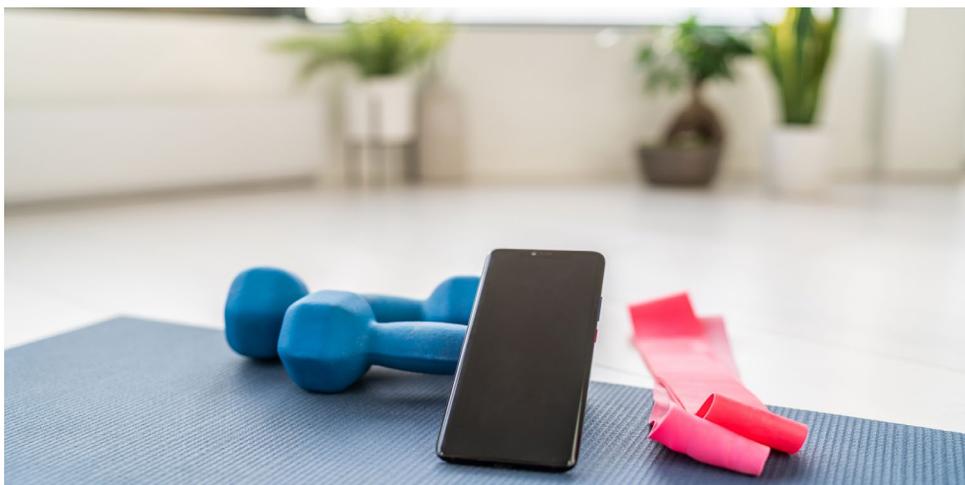
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Please Pass the Potatoes

Baked potatoes are a popular vegetable dish during the holiday season and throughout the year. However, they become unsafe if you don't prepare them correctly. Dangerous bacteria may grow in foil-wrapped baked potatoes if left out of the refrigerator for more than two hours.

First, don't foil wrap your potatoes too tightly. This removes all air from the potato. Without air, the bacteria that makes botulism toxin can grow. Even a tiny taste of a food with this toxin can cause paralysis and even death. To prevent illness, remove the foil from baked potatoes right after baking. Then put leftover, unwrapped baked potatoes in the refrigerator right away.

Source: FoodSafetyNews.com, www.foodsafetynews.com



Home Gym Ideas

Can't go to the gym? Make your own at home, using these suggestions.

1. Make your own weights. Use canned goods or fill recycled milk jugs with water or sand.
2. Make your own resistance bands using old nylons or tights.
3. Walk up and down your stairs to replace the step machine workout. Play some music to keep you going. Increase the workout by adding a new song each time.
4. A jump rope is a great option for cardio workouts at home. It's more affordable than a treadmill or exercise bike.
5. Use free smart phone apps or computer programs to plan or track your workouts.
6. Use an exercise ball instead of bench and exercise equipment. Use the ball to do crunches, push-ups, chest presses, and more.
7. Need a yoga mat? Use a towel during stretching, yoga, or core exercises. It also prevents your hands and feet from sliding during exercises.

Sources:

Medline Plus, medlineplus.gov

Eat Smart, Move More, eatsmartmovemoreva.org