



Beans, Peas and Lentils: Simple, Tasty and Healthy Recipes

Martin Dort

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Beans, peas and lentils are tasty, colourful, nutritious and versatile ingredients. Enjoyed by people around the globe for centuries, they make wonderful soups, appetizers, main dishes and even baked goods. Not only are they rich in proteins and an alternative to meat, but also they are very low in fat. There is an increasing emphasis on legumes as an essential part of today's healthy diet, as one of the current trends is to eat healthier by cutting fat, not flavor.

This book offers a wealth of budget-friendly recipes from around the globe to rediscover pulses and enjoy their health benefits: Indian chard and red lentil curry, Brazilian Feijoada, Moroccan chickpea salad, or Fava bean and Feta tapenade, to name but a few.

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