

Simple Ingredient Replacements & Swaps

You can easily replace ingredients with pulses to add a boost of plant-based protein, fiber and more. Pulses include lentils, chickpeas, dry peas or beans.

Lasagna

REPLACE

½ or all Ricotta Cheese



WITH THIS

Pureed Cannellini Beans

Veggie Bowl

REPLACE

Quinoa or Rice



WITH THIS

Cooked or Canned Lentils

Sandwiches / Pitas

REPLACE

Mayonnaise



WITH THIS

Hummus

Salads

REPLACE

Croutons



WITH THIS

Crispy, Roasted Chickpeas

Vegan Baking

REPLACE

Egg Whites



WITH THIS

Aquafaba
(the whipped, leftover liquid in chickpea cans)

Protein Swaps

Save money and stretch out your groceries by swapping one-quarter to one-half of your ground meat in recipes with the same quantity of pulses. Try these protein-packed combos:



Replacing a portion of ground beef with **lentils, kidney, red, pinto or black beans**



Swapping ground chicken with **mashed chickpeas, white beans or red lentils**



Combining lentils, or yellow or green split peas with ground pork or sausage



Swapping a portion of ground white fish with **mashed chickpeas or white beans**