

Becky Garrison, RDN, LD  
All About Pulses – Lentils, Chickpeas, Dry Peas, & Beans

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Becky Garrison is the Director of Domestic Marketing for the USA Dry Pea Lentil Council and American Pulse Association. Becky is a Registered Dietitian Nutritionist, completing her dietetic internships at the Mann-Grandstaff Veteran Affairs Hospital in Eastern Washington; and is currently working to complete her Masters in Public Administration at the University of Idaho. Prior to working for USA Pulses, Becky was a Nutrition Advisor for University of Idaho Extension, developing program initiatives in schools and foodbanks directed at increasing consumption of nutrient-dense foods in limited income populations. At USA Pulses, Becky leads the industry efforts in consumer and media outreach, US foodservice & school meals programming, and nutrition policy strategy. Her mission is to increase access and integrity to nutrient-dense foods for all consumers. Becky loves to cook and challenge herself in the kitchen. She lives in Moscow Idaho with her fiancé and their rescue dog named Cowboy.

Objectives:

1. List at least four consumer cooking tips for cooking with lentils, dry peas, beans, or chickpeas
2. List at least four nutrition benefits of pulse crops
3. List at least three online RDN or consumer resources on pulses

Description:

Pulses are the dry, edible seeds of legumes and include dry peas, beans, lentils, and chickpeas. This session will dive into the "what", the "why", and the "how" of consuming these nutrient-dense and protein-packed foods that are not only good for our health, but also good for the planet. Learn about the nutritional profile, versatility, affordability, and sustainability of pulse crops as well as the latest updates about pulses in the new Dietary Guidelines for Americans 2020-2025. Considered an excellent source of dietary fiber and a good source of plant-based protein, pulses are under-consumed in all stages of the life cycle. Join in to discover recipes, professional resources, tips, swaps, and more for pulses!