



Legumes at the table

A healthy and sustainable future

NOTS-NITRO ORGANIC TO SOILS

Foreword by Chef Fábio Bernardino



LEGUMES AT THE TABLE

A healthy and sustainable future

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Table of Contents

	Foreword Pots, footprints, reflections, and sustainability <i>Chef Fábio Bernardino</i>	10
	Cooking with awareness The invisible impact of the nitrogen footprint	12
	Ancient wisdom, current wisdom The importance of legumes	14
	Legumes	
	For snacking	16
	Flavors of the land	30
	Flavors of the sea	44
	Flavors of the pasture	58
	Desserts	72
	Acknowledgments	86
	Descriptive Index	88



Quick access

Iconographic Index



Number of People



Difficulty Level



Preparation Time



Spiciness Level



Nutritional Profile

The nutritional profile of the recipes includes energy value (kilocalories and kilojoules) per serving and; amount of fat, saturated fat, sugars, and salt per 100 g.



For the evaluation of the listed nutrients, a representation inspired by the nutritional traffic light was used. This tool, developed by the *Food Standards Agency (FSA)*, allows the interpretation of these values using colors: green, yellow, and red.

The selected nutrients are those whose excessive consumption has the greatest impact on the development of non-communicable chronic diseases, such as obesity, diabetes, and hypertension. Thus, recipes with more green values are the most nutritionally balanced compared to others with yellow or red values.

Nitrogen Footprint® (per serving)



- The food has a low footprint.
- The food has a medium footprint.
- The food has a high footprint.

The Nitrogen Footprint® of a food item is the amount of nitrogen lost to the environment as a consequence of the entire production process of that food. The footprint value presented in each recipe represents the amount of nitrogen, in grams, resulting from its preparation using the described ingredients, and per serving of the prepared recipe.

Pots, footprints, reflections, and sustainability

The NOTS-Nitro Organic To Soils project is particularly dear to me because it reflects values that I also share: respect for food, for health, and for the planet. Being able to contribute to a change that begins at the table — with simple dishes full of promise for the future — is a reinforcement of the connection between what we eat and the world around us.

For all these reasons, I gladly accepted the invitation to write the foreword for this book, *Legumes at the Table - A Healthy and Sustainable Future*. Especially because cooking has always been present in my life.

Unlike many of my professional colleagues, who grew up watching their mothers between pots and pans, my reality was different! I started cooking out of necessity. Truth be told, my mother didn't cook at all, and the one who cooked at home (almost instinctively) was my father. As for me, I quickly fell in love with the simple pleasure of preparing something that brought satisfaction to those who ate it. My sister can attest to this, as she was often recruited as the "official taster" of my kitchen adventures.

As I gained confidence, the kitchen ceased to be just an adventure and became a functional space. It later transformed into a laboratory of flavors and emotions. Mixing ingredients, testing improbable combinations, reinventing recipes — all of this fascinated me! While others dreamed of being astronauts or football players, I dreamed of pots and frying pans. Today, that same fascination leads me to view the kitchen as a powerful tool for transformation — not just of food, but also of mindsets.

In a world where sustainability is no longer an option but an urgency, what we choose to put on our plates has a direct impact on the future of the Earth. Legumes, besides being versatile and nutritious, are also an intelligent choice from an environmental perspective. By incorporating them into our meals, we take a conscious step toward a more balanced, accessible, and environmentally friendly diet. A purposeful kitchen that cares for those who eat and the world we live in.



Chef Fábio Bernardino

But this book goes beyond recipes: it is also a challenge to rethink how we eat and the impact these choices have on our collective future. In *Legumes at the Table*, legumes are the protagonists of this journey: versatile, complete, and palatable, they adapt to any moment of the meal. They are the right base or complement, nutritionally rich, environmentally sustainable, and, above all, delicious.

In this book, we will find five categories, each with six recipes, showcasing the richness and infinite potential of legumes.

We know that food choices contribute to carbon emissions, but there are other equally crucial elements, such as nitrogen, essential to life, which, when mismanaged or excess, can become a significant environmental problem. The Nitrogen Footprint® is a concept still little discussed but fundamental, and it is also at the heart of this book's reflection.

Because I believe the kitchen should be a space for conscious choices, where every ingredient is an opportunity to care for who we are and the world we inhabit, I couldn't help but join in this book from the NOTS project.

I identify with its message, which brings together thirty recipes crafted with soul, flavor, and awareness. More than culinary suggestions, they are invitations to reflect, experiment, and renew. Because cooking can, and should be, an act of love for the future. And it is in this change that I want to put my hands, my heart, and my place at the table.

Chef
Fábio

The invisible impact of the nitrogen footprint

In a world increasingly attentive to environmental issues, rethinking how we eat has become essential. We already know that our food choices affect the planet. But did you know that this impact goes beyond carbon emissions? One of the most important and least discussed elements in this topic is nitrogen. Without it, life on Earth would not exist. But when used in excess, it can become one of the major environmental villains.

Therefore, the development of culinary recipes that integrate the calculation of the Nitrogen Footprint® represents an innovative and necessary approach to promoting more responsible and conscious eating.

But what exactly is the Nitrogen Footprint®? It is an estimate of the amount of reactive nitrogen released into the environment throughout the entire production process of a food item. This nitrogen can come, for example, from the use of fertilizers or industrial processes associated with agriculture and food processing. Although essential for plant growth, nitrogen, when in excess, can pollute rivers, lakes, and oceans, degrade soils, and affect biodiversity. Thus, understanding the Nitrogen Footprint® helps us grasp the invisible but real impact of our meals.

Integrating the calculation of the Nitrogen Footprint® into culinary recipes allows consumers to understand the environmental impact of the ingredients they use.

Just as the carbon footprint is already included in some applications and food labels, incorporating this metric can positively inform and influence food choices, bringing a new dimension to cooking: cooking also becomes an act of environmental awareness. The goal is not to complicate the kitchen experience but to enrich it with data that helps us act more responsibly.



Cláudia
S. C. Marques-dos-Santos

Including legumes such as beans, chickpeas, or lentils in our meals not only brings us back to the culinary origins of the Mediterranean diet but also promotes healthier eating. They are accessible and healthy sources of protein, part of our dietary heritage, and can be used in all types of recipes, as shown in this book.

Legumes complement and sustainably accompany meats and fish, can be used on their own, or even feature in sweet desserts. Besides being tasty and versatile, they are sustainable crops because they can fix nitrogen from the atmosphere, thus eliminating the need for nitrogen-based fertilizers. In other words, they have a lower Nitrogen Footprint® and help reduce the environmental impact of our meals.

For many consumers, the motivation to cook is linked to pleasure, tradition, and well-being. Adding an environmental component to recipes does not detract from these values; on the contrary, it strengthens the connection between what we eat and the world around us. The kitchen thus becomes a space where small choices can have significant impacts.

A handwritten signature in cursive script, appearing to read 'claf'.

The Importance of Legumes

As Luís de Camões wrote: “Times change, and so do wills.” Human nutrition over time varies as much as food availability, customs, agricultural production, and economic factors allow. The consumption of legumes continues to be mistakenly associated with lower purchasing power and is still not properly valued.

From a nutritional standpoint, this idea could not be further from reality. Legumes are food for everyone and should be part of our diet, not only because of their culinary versatility and constant presence in the typical recipes of our country but especially because of their nutritional richness.

Legumes stand out for their content of B-complex vitamins, particularly B1, B2, B3, and B6, which are essential for protecting the nervous system, immunity, and cognitive performance. Additionally, legumes are sources of minerals such as iron, potassium, and phosphorus, which play a vital role in cellular health, growth, cardiovascular system protection, and bone mass maintenance.

Although the iron present in legumes is non-heme iron, which is less absorbed by the body, its bioavailability can be improved through dietary strategies, such as consuming sources of vitamin C simultaneously.

Another distinguishing factor is their macronutrient composition, being a source of carbohydrates and protein. This is one of the reasons why legumes promote a lasting feeling of satiety, making them an excellent food choice in dietary patterns aimed at reducing the consumption of animal-based protein.

Due to their low fat content and high fiber content, the consumption of legumes can help prevent and manage chronic diseases, such as type 2 diabetes and cardiovascular diseases.



Miguel Godinho
Nutrialma

These foods are also excellent alternatives for people with gluten sensitivity or celiac disease.

Although the proteins in legumes are not complete in terms of amino acids, they need to be introduced following rules of protein complementarity. That is, legumes and cereals should be combined in the same dish. This demonstrates that South American cultures, which include the combination of beans and rice in their cuisine, understood that this pairing provided the necessary nutrients when meat was scarce. This combination also becomes an important protein source for vegetarians and vegans.

This book aims to promote legumes as food of the past, present, and future — so deeply rooted in our culture and so important for our health. It is imperative to be more daring. We all have a duty to seek out new legumes, to work with them, and to cook them in ways that make their consumption widespread: appetizers, meat dishes, fish dishes, vegetarian and vegan dishes, desserts, and beverages. Whatever the moment of the meal, legumes are the right base or complement from a Nutritional, Environmental, and Gastronomic perspective.



**LEGUMES
FOR SNACKING**

Black Garlic *Lummus*

4    20 minutes

Ingredients

240 g (1 1/3 cup; 8.5 oz) peeled lupin beans
4 tablespoons black *Tahini*
2 cloves Black garlic (or White garlic, as an alternative)
3 tablespoons water
Juice of 1 lemon
2 tablespoons olive oil
1 teaspoon cumin
Fresh mint to taste
White sesame seeds to taste

Preparation method

Rinse the lupin beans well under running water to remove excess salt.

Blend the lupin beans, black *Tahini*, black garlic, water, and lemon juice in a food processor until smooth.

Season the paste with olive oil and cumin and blend again. The texture can be adjusted with a bit of water, if needed.

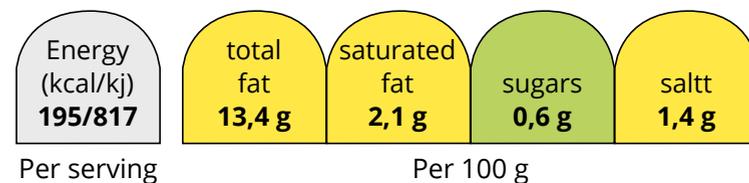
Transfer the mixture to a bowl and finish with chopped fresh mint and white sesame seeds.

TIP

A portion of lupin beans, around 60 g., contains approximately 1 g of salt. At home, make sure to rinse the lupin bean under running water or even soak them before consuming.



Nutritional profile



Lentil Nachos with Spicy Pea Guacamole

4 40 minutes

Ingredients

Nachos:

400 g (2 1/3 cups; 14.1 oz) dried red lentils

160 ml (2/3 cup; 5.4 oz) water

4 tbsp olive oil

1 tsp garlic powder

1 pinch salt

Guacamole:

2 avocados

100 g (3/4 cup; 3.5 oz) cooked peas

1 red chili Pepper (optional)

Juice and zest of 1 lime

2 tbsp olive oil

1 pinch salt

Black pepper to taste

Preparation method

Grind the lentils in a food processor until flour is obtained. Add the water, olive oil, salt, and garlic powder and blend again until a moldable dough is obtained.

On a flat surface, roll out the dough on top of a sheet of parchment paper using a rolling pin.

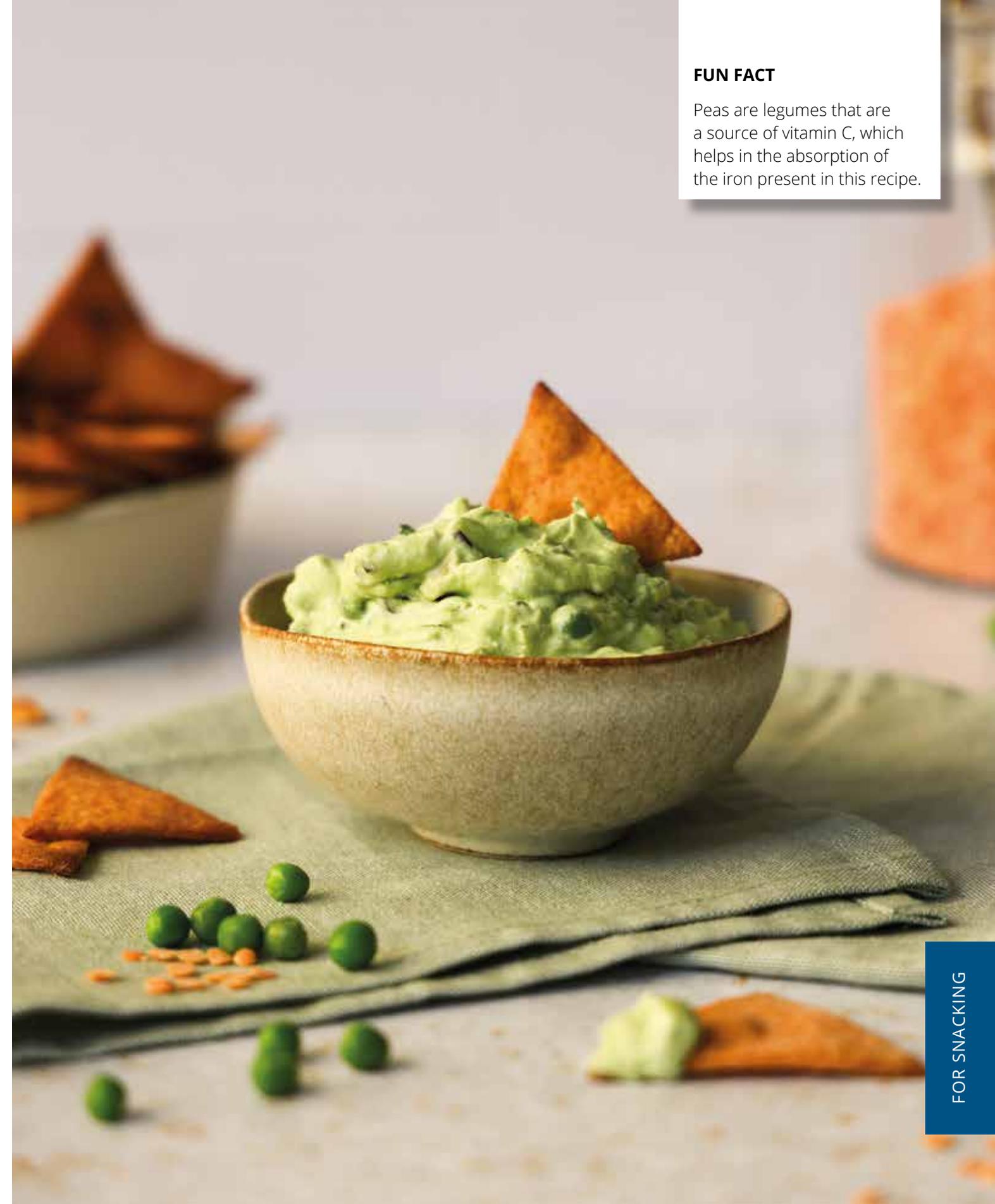
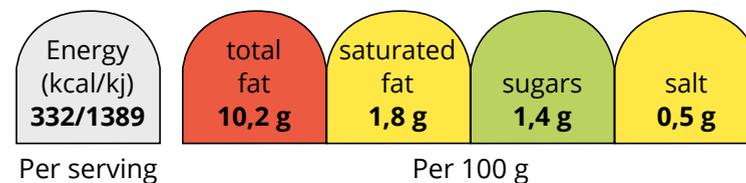
Using a knife, cut the dough into triangles and place them on a baking tray lined with parchment paper. Bake the nachos in a preheated oven at 180 °C (356°F) for about 20 minutes.

For the guacamole, place the avocado pulp, peas, chopped chili pepper, lime zest and juice, olive oil, salt, and pepper in a tall container and blend with an immersion blender until a creamy paste is obtained.

FUN FACT

Peas are legumes that are a source of vitamin C, which helps in the absorption of the iron present in this recipe.

Nutritional profile



Creamy Butter Bean *Bruschetta* with Roasted Cherry Tomatoes and Caramelized Onion

4 25 minutes

Ingredients

4 slices sourdough bread
200 g (1 1/8 cup; 7 oz) cooked butter beans
150 g (1 cup; 5.3 oz) cherry tomatoes
1 small onion
1 red chili pepper
1 garlic clove
80 g (1/3 cup; 2.8 oz) cream cheese spread
4 tbsp olive oil
1 tbsp balsamic vinegar
½ pinch salt
Black pepper to taste
Fresh cilantro to taste

Preparation method

Season the cherry tomatoes with one tablespoon of olive oil and a pinch of salt, and roast them in a preheated oven at 180 °C (356°F), for about 15 minutes. Set aside.

Slice the onion into thin rings and sauté in a pan with one tablespoon of olive oil. Add the balsamic vinegar, season with salt and pepper, and let it caramelize.

In a bowl mix the remaining olive oil with the chopped chili pepper, garlic, and cilantro.

Spread the cream cheese on the slices of bread and top with the drained butter beans. Roasted tomatoes, and caramelized onion. Finish with the flavored olive oil.

TIP

Whenever buying cooked legumes, glass jars are preferred over cans. Glass is an inert material and is reusable.



Nutritional profile



Chickpea *Falafel* with Yogurt and Mint Sauce

4 40 minutes

Ingredients

400 g (2 1/3 cups; 14.1 oz) pre-soaked dried chickpeas
1 medium onion
1 garlic clove
30 g (1/4 cup; 1.1 oz) fresh parsley
1 tsp cumin
1 pinch salt
50 g (1/2 cup; 1.8 oz) oat flour
1 egg
Water as needed
1 tbsp olive oil
250 g (1 cup; 8.8 oz) low-fat natural Greek yogurt
Juice of 1 lemon
Fresh mint to taste
Black pepper to taste
Garlic powder to taste

Preparation method

Blend the soaked and drained chickpeas (raw), onions, garlic, and parsley in a food processor.

Add the cumin, salt, oat flour, egg, and blend again until a moldable paste is obtained.

Let the mixture rest for 15 minutes, then form small discs.

In a frying pan, heat the olive oil and cook the *falafel* over low heat golden browning both sides.

For the Sauce: place all the ingredients in a tall container and blend with an immersion blender until turning into a green and creamy sauce.

TIP

If preferred, the *falafel* can be baked in a preheated oven at 180°C (356°F), for about 30 minutes until golden brown (turning halfway through the time).



Nutritional profile



Sandwich with Mashed Chickpeas, Mung Bean Sprouts, and Sautéed Mushrooms

4    45 minutes

Ingredients

2 sourdough *baguettes*
300 g (1 7/8 cup; 10.1 oz) fresh mushrooms
200 g (1 1/8 cup; 7 oz) cooked chickpeas
200 g (1 1/8 cup; 7 oz) mung beansprouts
30 g (1/4 cup; 1.1 oz) fresh cilantro
10 g (1/16 cup; 0.4 oz) fresh ginger
2 garlic cloves
2 tbsp olive oil
2 tbsp soy sauce
½ tsp ground turmeric
½ pinch salt
Black pepper to taste

Preparation method

Finely chop the peeled ginger, garlic and cilantro.

In a frying pan, add the olive oil, chickpeas, and the chopped ginger, garlic and cilantro. Season with turmeric, salt, and pepper, and *sauté* for about 4 minutes.

Then mash the chickpeas in the pan with the back of a spoon and mix everything well until a mashed consistency is obtained. Set aside in a bowl.

In the same frying pan, add the mushrooms and soy sauce and *sauté* until they are golden brown.

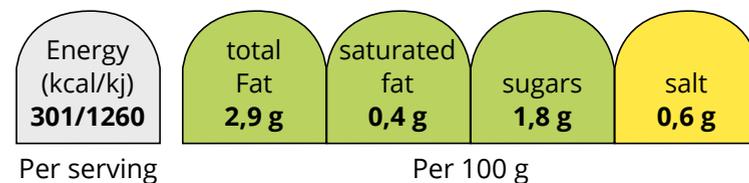
Fill the bread with the mashed chickpeas, mushrooms, and finally the mung bean sprouts.

TIP

Complement this sandwich with other vegetables of your choice: tomato, cucumber, grated carrot, spinach. Let your imagination run wild!



Nutritional profile



Savory Black-Eyed Pea Muffins with *Brie* Cheese

4    45 minutes

Ingredients

200 g (1 1/8 cup; 7 oz) cooked black-eyed peas
120 ml (1/2 cup; 4.2 oz) soy milk
1 egg
100 g (2/3 cup; 3.5 oz) smoked *tofu*
70 g (1/2 cup; 2.5 oz) all-purpose flour (T55)
1 tbsp olive oil
1 tsp baking powder
1 pinch salt
Fresh chives to taste
Black pepper to taste
100 g *brie* cheese

Preparation method

In a food processor, blend the cooked black-eyed peas, soy milk, egg, smoked *tofu*, olive oil, salt, and pepper until a smooth batter is obtained.

Transfer the mixture to a bowl and fold in the chopped chives, flour, and baking powder, without overmixing.

Cut the *brie* cheese into cubes.

Pour the muffin batter into a non-stick or lightly greased muffin tray and place a cube of *brie* cheese in the center of each muffin .

Bake the muffins in a preheated oven at 180°C (356°F) for about 20 minutes.

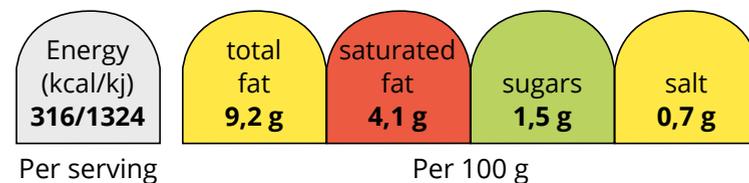
Remove from the oven, let cool slightly, and then remove each muffin from the tray.

FUN FACT

Did you know that *tofu* is made from soybeans in a process similar to cheese making? The base is soy milk, to which natural minerals like magnesium chloride or calcium sulfate are added to coagulate the milk and form *tofu*.



Nutritional profile





**LEGUMES
FLAVORS OF THE LAND**

Stuffed Shells with Fava Bean Cream, Feta Cheese and Tapenade

4 40 minutes

Ingredients

- 300 g (1 7/8 cup; 10.1 oz) *conchiglioni* pasta (giant shells)
- 200 g (1 1/8 cup; 7 oz) *feta* cheese
- 150 g (1 cup; 5.3 oz) peeled fava beans
- Juice and zest of 1 lemon
- 20 g (1/8 cup; 0.7 oz) fresh mint
- 100 g (2/3 cup; 3.5 oz) pitted black olives
- 1 garlic clove
- 1 tbsp capers
- 1 tsp olive oil
- 1 tsp apple cider vinegar
- 2 anchovies

Preparation method

Cook the fava beans in boiling water until tender. Drain and set aside.

Prepare the *tapenade*: place the olives, garlic, capers, olive oil, and anchovies in a food processor and blend until it becomes a paste.

Cook the *conchiglioni* in boiling salted water for about 7 minutes. Do not overcook!

Place the cooked fava beans in a tall container and add the *feta* cheese, lemon zest and juice, and fresh mint. Blend with an immersion blender until it's a smooth cream.

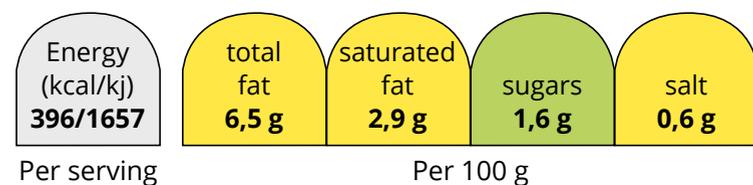
Using a small spoon, stuff the pasta shells with the fava bean and *feta* cream and serve with the *tapenade*.

TIP

The *feta* cheese may be replaced with cottage chesses or *ricotta* for a milder filling.



Nutritional profile



Butter Beans and Pumpkin *Bulhão Pato* style

4



50 minutes

Ingredients

600 g (3 1/3 cups; 1lb 5.2 oz)
soaked butter beans

350 g (2 1/2 cups; 12.4 oz)
pumpkin

Juice of 1/2 lemon

50 ml (1/4 cup; 1.7 oz) white wine

4 garlic cloves

50 g (1/2 cup; 1.8 oz) cilantro

4 tbsp olive oil

1 pinch salt

Preparation method

Cook the soaked butter beans in hot water for 30 minutes. Drain and set aside, holding on to the cooking water.

Cut the pumpkin into small pieces.

In a frying pan, add the olive oil, chopped cilantro, and garlic.

Add the white wine and 100 ml of the cooking water, and season with salt. Add the pumpkin pieces, cover the pan, and cook for about 10 minutes.

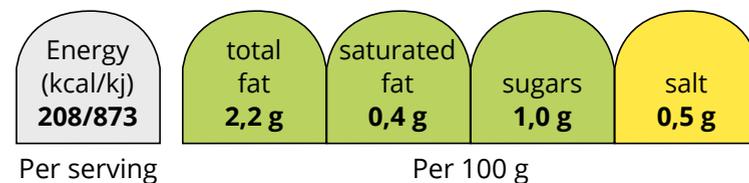
Then add the beans and lemon juice, mix well, and adjust the seasoning. Cook for another 5 minutes.

Finish and top with more chopped fresh cilantro.

TIP

When soaking the butter beans, use ginger or *kombu* seaweed to reduce the phytate content. These substances are responsible for the characteristic abdominal bloating from consuming legumes.

Nutritional profile



White Bean Moussaka

4 1 hour and 15 minutes

Ingredients

- 2 large eggplants
- 300 g (1 7/8 cup; 10.1 oz) cooked white beans
- 2 medium onions
- 3 garlic cloves
- ½ celery stalk
- 2 medium tomatoes
- 1 medium carrot
- 4 eggs
- 50 ml (1/4 cup; 1.7 oz) white wine
- 4 tbsp olive oil
- 1 tbsp sweet paprika
- 1 tbsp chopped fresh thyme
- 1 tbsp chopped parsley
- 1 tsp salt
- Black Pepper to taste

Preparation method

Slice the eggplants lengthwise into thin slices. Season with salt, spread them on a baking tray lined with parchment paper, and bake in a preheated oven at 180°C (356°F) for 15 minutes.

In a pot, sauté the chopped onion, garlic, celery, and carrot with the olive oil. Let it brown and add the tomatoes and white wine. Season with salt, pepper, thyme, and sweet paprika, and add the cooked white beans. Cook on low heat for about 5 minutes.

Separately, beat the eggs with the chopped parsley and season with salt and pepper.

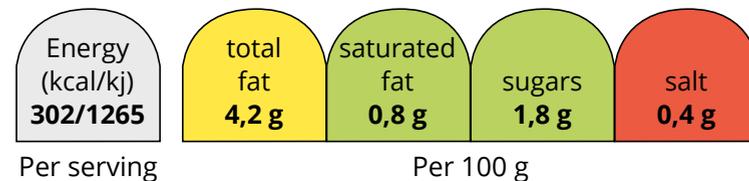
In a greased baking dish, place a layer of eggplant. Cover with a layer of the bean mixture, followed by more eggplant slices. Repeat this process, ending with a layer of eggplant.

Pour the beaten egg mixture over the top and bake in a preheated oven at 180°C (356°F) for about 45 minutes or until golden brown.

TIP

Complement this recipe with rice to ensure protein complementarity! The combination of rice and beans provides all essential amino acids, making the meal more nutritious.

Nutritional profile



Mini Chickpea and Rice Burgers

4 



 30 minutes

Ingredients

400 g (2 1/3 cups; 14.1 oz) cooked chickpeas

300 g (1 7/8 cup; 10.1 oz) cooked rice

100 g (3/4 cup; 3.5 oz) canned sweet corn

100 g (3/4 cup; 3.5 oz) ground almonds

50 g (1/2 cup; 1.8 oz) grated mozzarella cheese

1 egg

1 orange bell pepper

1 shallot

1 garlic clove

2 tbsp olive oil

1 tsp dried basil

1 tsp sweet paprika

1 pinch of salt

Black pepper to taste

Preparation method

Blend the cooked chickpeas, cooked rice, egg, basil, sweet paprika, salt, and pepper in a food processor until a moldable paste is formed.

Transfer the chickpea and rice paste to a bowl and add the chopped shallot, garlic, and bell pepper, along with the corn and grated cheese. Mix everything until well combined.

With your hands, shape the mixture into mini burgers and coat each one with ground almonds to create a "breaded" effect.

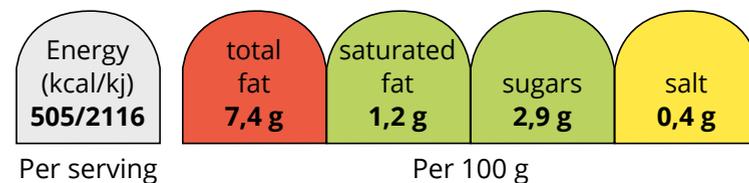
Heat the olive oil in a frying pan and cook the burgers until golden brown on both sides.

TIP

This recipe is a great option for using up leftover cooked chickpeas and rice



Nutritional profile





**LEGUMES
FLAVORS OF THE SEA**

Grilled Sea Bass with Pea pesto

4 



 40 minutes

Ingredients

4 sea bass fillets
200 g (1 1/8 cup; 7 oz) peas
100 g (3/4 cup; 3.5 oz) *Grana Padano* grated cheese
30 g (1/4 cup; 1.1 oz) fresh basil
30 g (1/4 cup; 1.1 oz) fresh mint
1 garlic clove
40 ml (1/8 cup; 1.4 oz) olive oil
Juice and zest of 1 lemon
1 pinch salt
Black pepper to taste

Preparation method

Blend the *Grana Padano*, cheese, peas, basil, mint, garlic, olive oil, lemon juice, and zest in a food processor. Season with salt and pepper.

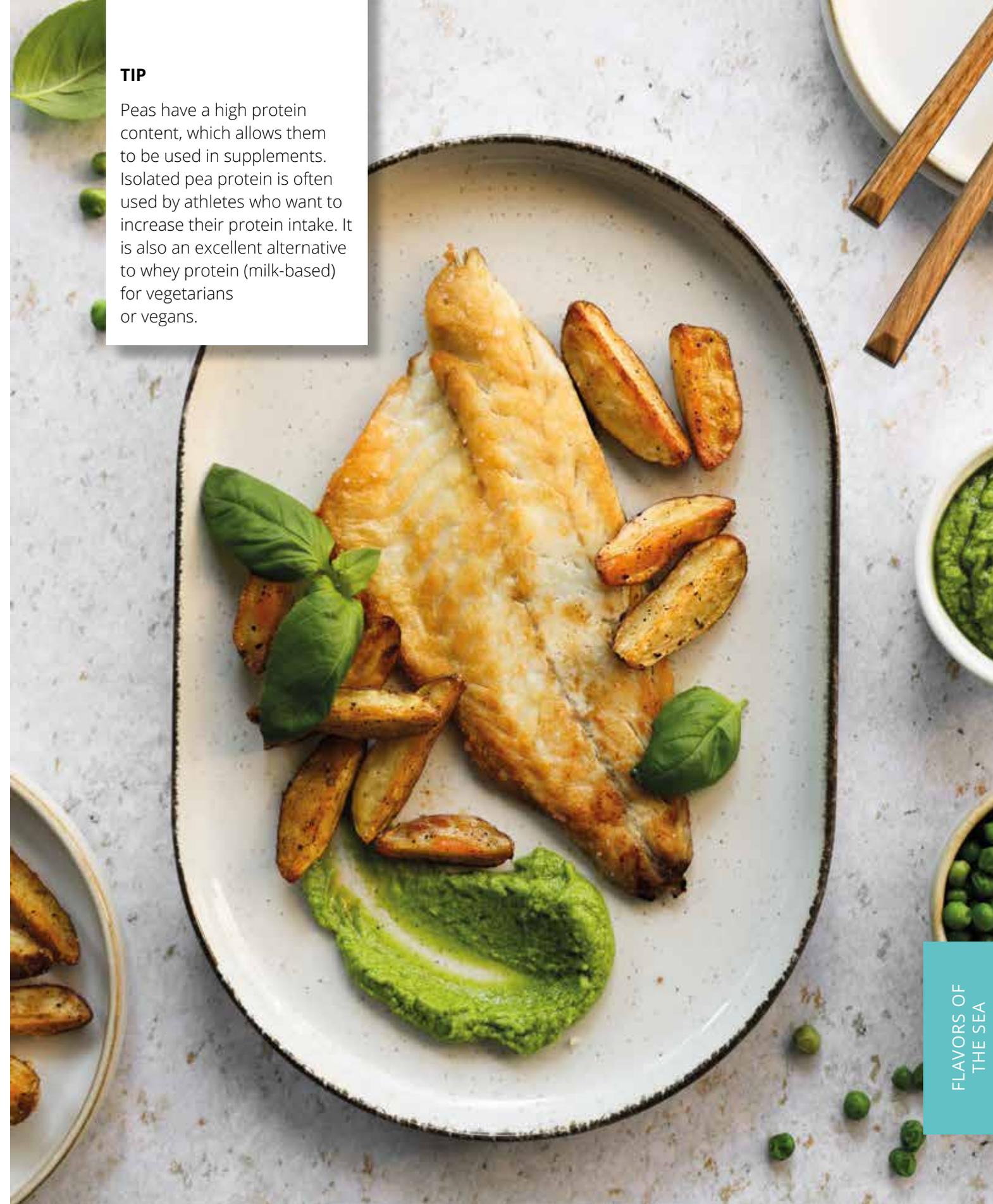
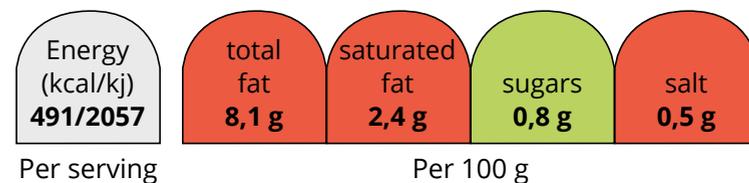
Season the sea bass fillets with a bit of lemon juice and salt, and grill them on a lightly oiled grill on both sides until golden brown.

Serve the sea bass with the pea pesto.

TIP

Peas have a high protein content, which allows them to be used in supplements. Isolated pea protein is often used by athletes who want to increase their protein intake. It is also an excellent alternative to whey protein (milk-based) for vegetarians or vegans.

Nutritional profile



Tuna *Tataki* with Chickpea and Sweet Potato Purée

4 30 minutes

Ingredients

400 g (2 1/3 cups; 14.1 oz) fresh tuna loin
400 g (2 1/3 cups; 14.1 oz) cooked chickpeas
250 g (1 3/4 cup; 8.8 oz) sweet potatoes
100 g (3/4 cup; 3.5 oz) mixed sesame seeds
4 tbsp soy sauce
2 tbsp olive oil
50 ml (1/4 cup; 1.7 oz) light vegetable cream
10 g (1/16 cup; 0.4 oz) butter
1 pinch of salt
1 pinch of nutmeg
Black pepper to taste

Preparation method

Cook the peeled sweet potatoes for about 20 minutes. Drain and set aside.

Season the tuna with soy sauce and coat all sides of the loin with sesame seeds, creating a breaded layer.

Add the cooked chickpeas, vegetable cream, and butter, season with salt, pepper, and nutmeg, and blend with a hand blender until it's a creamy purée.

Heat the olive oil in a frying pan and sear the sesame-coated tuna loin on all sides, about 2 minutes on each side. Do not let the tuna cook completely.

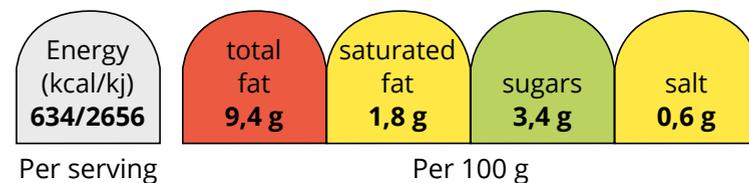
Serve the sliced *tataki* with the purée.

TIP

In this purée, you can replace the chickpeas with white beans or butter beans to achieve a visually similar result but with a lighter flavor.



Nutritional profile



Shrimp *tagliatelle* with Peas and Basil

4 30 minutes

Ingredients

400 g (2 1/3 cups; 14.1 oz) peas
400 g (2 1/3 cups; 14.1 oz) *tagliatelle* pasta
300 g (1 7/8 cup; 10.1 oz) medium peeled shrimp
200 g (1 1/8 cup; 7 oz) *ricotta* cheese
2 shallots
1 garlic clove
1 lemon juice and zest
30 g (1/4 cup; 1.1 oz) fresh basil leaves
2 tbsp olive oil
1 pinch salt
Black pepper to taste

Preparation method

In a blender, blend peas, *ricotta* cheese, lemon zest and juice, and basil.

Cook the *tagliatelle* in a pot of boiling salted water for about 8 minutes. Drain, setting aside 100 ml of the cooking water.

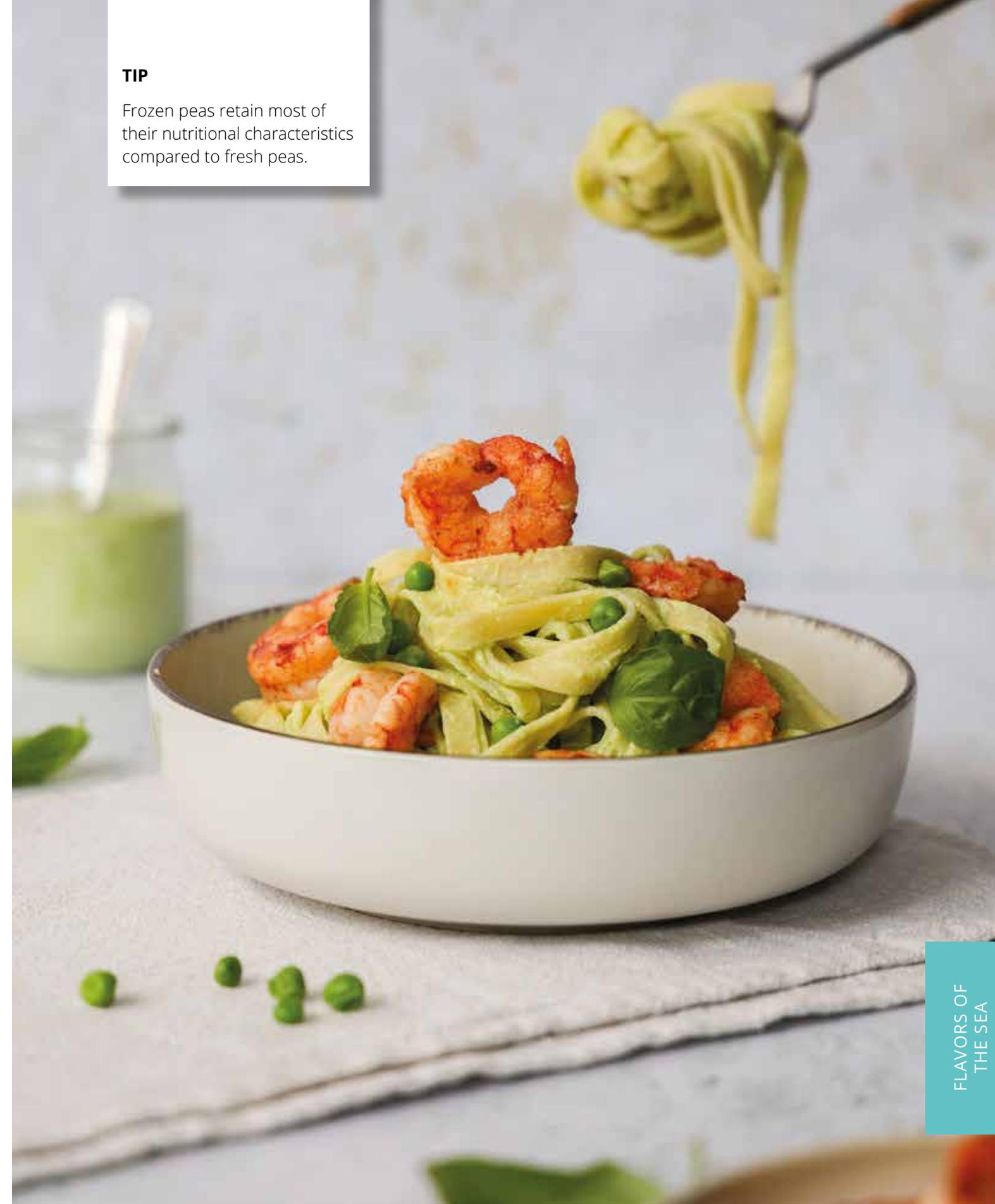
Mix the peas sauce with the *tagliatelle*, adjusting the sauce's texture with the 100 ml cooking water.

In a frying pan, *sauté* the chopped shallots and garlic in olive oil. Add the shrimp, season with salt and pepper, and cook for 5 minutes.

Serve the *sautéed* shrimp with the pasta and pea sauce.

TIP

Frozen peas retain most of their nutritional characteristics compared to fresh peas.



Nutritional profile



Stuffed Squid with Lentil Bolognese

4    60 minutes

Ingredients

1 kg (4 2/3 cup; 2lbs 3.2 oz) cleaned squid
200 g (1 1/8 cup; 7 oz) soaked green lentils
6 ripe tomatoes
1 red bell pepper
1 big onion
2 garlic cloves
400 ml (1 2/3 cups; 14.1 oz) tomato pulp
200 ml (1 1/8 cup; 7 oz) water
4 tbsp olive oil
1 tsp smoked paprika
1 bay leaf
30 g (1/4 cup; 1.1 oz) chopped parsley
1 pinch salt
Black pepper to taste

Preparation method

Cook the lentils in hot water for about 15 minutes. Drain and set aside.

Chop the onion, garlic, ripe tomatoes, and bell pepper into small cubes.

In a pot, *sauté* the onion and garlic in olive oil. Add the tomatoes, bell pepper, tomato pulp, and water, and season with salt, pepper, and bay leaf. Let it cook for about 20 minutes.

Remove part of the sauce into a container and blend it.

Add the cooked lentils to the remaining sauce in the pot and let it cook for another 5 minutes.

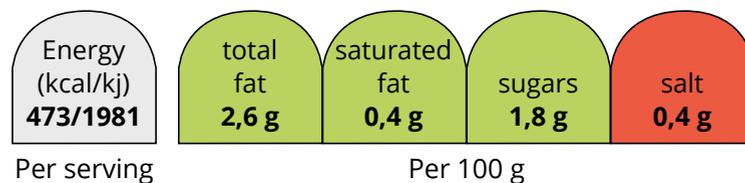
Stuff the squid with lentil Bolognese, securing with toothpicks.

Bring the reserved sauce to a simmer with the stuffed squid and let it stew for about 15 minutes.

TIP

Squid is a very nutritious food, low in fat, low in calories, and rich in high biological value proteins. The recipe can be simplified by skipping the stuffing step and opting to stew the squid directly in the lentil Bolognese.

Nutritional profile



Chickling Vetch and Codfish Fritters

4    60 minutes

Ingredients

250 g (1 3/4 cup; 8.8 oz) soaked chickling vetch (grass pea)
200 g (1 1/8 cup; 7 oz) frozen shredded codfish
2 eggs
1 medium onion
2 garlic cloves
50 g (1/2 cup; 1.8 oz) fresh coriander
1 bay leaf
2 tbsp olive oil
1 pinch of salt

Preparation method

Cook the codfish in boiling water for 8 minutes. Drain and set aside, also setting aside the cooking water.

Cook the chickling vetch, onion, and garlic in the codfish cooking water for 15 minutes.

Using a hand blender, blend the cooked chickling vetch with the onion and garlic. Add the eggs, chopped coriander, and shredded codfish, and mix very well. Adjust the seasoning if needed.

Form the patties: using 2 tablespoons, take a portion of the mixture and shape the patties.

Place the patties on a baking tray lined with parchment paper. Brush the patties with olive oil and bake in a preheated oven at 180°C (356°F) until golden (about 20 minutes).

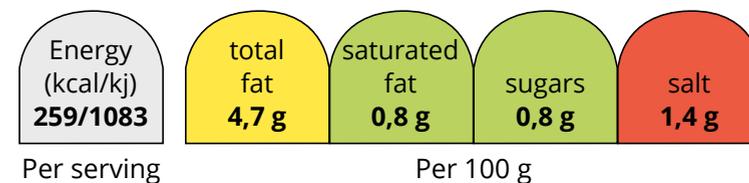
Suggestion: Serve with a roasted pepper salad.

TIP

Chickling vetch can be hard to find but don't miss out on trying this recipe. Replace with chickpeas!



Nutritional profile



Seared Salmon Salad with Crunchy Lupin Beans and Mung Bean Sprouts

4 30 minutes

Ingredients

- 4 wild salmon fillets
- 400 g (2 1/3 cups; 14.1 oz) cherry tomatoes
- 400 g (2 1/3 cups; 14.1 oz) red cabbage
- 200 g (1 1/8 cup; 7 oz) mung bean sprouts
- 200 g (1 1/8 cup; 7 oz) mixed green leaves (lettuce, arugula)
- 200 g (1 1/8 cup; 7 oz) lupin beans with skin
- 1 mango
- 2 tbsp olive oil
- Juice of 1 lime
- 1 tsp of smoked paprika
- 1 tsp garlic powder
- Black pepper to taste

Preparation method

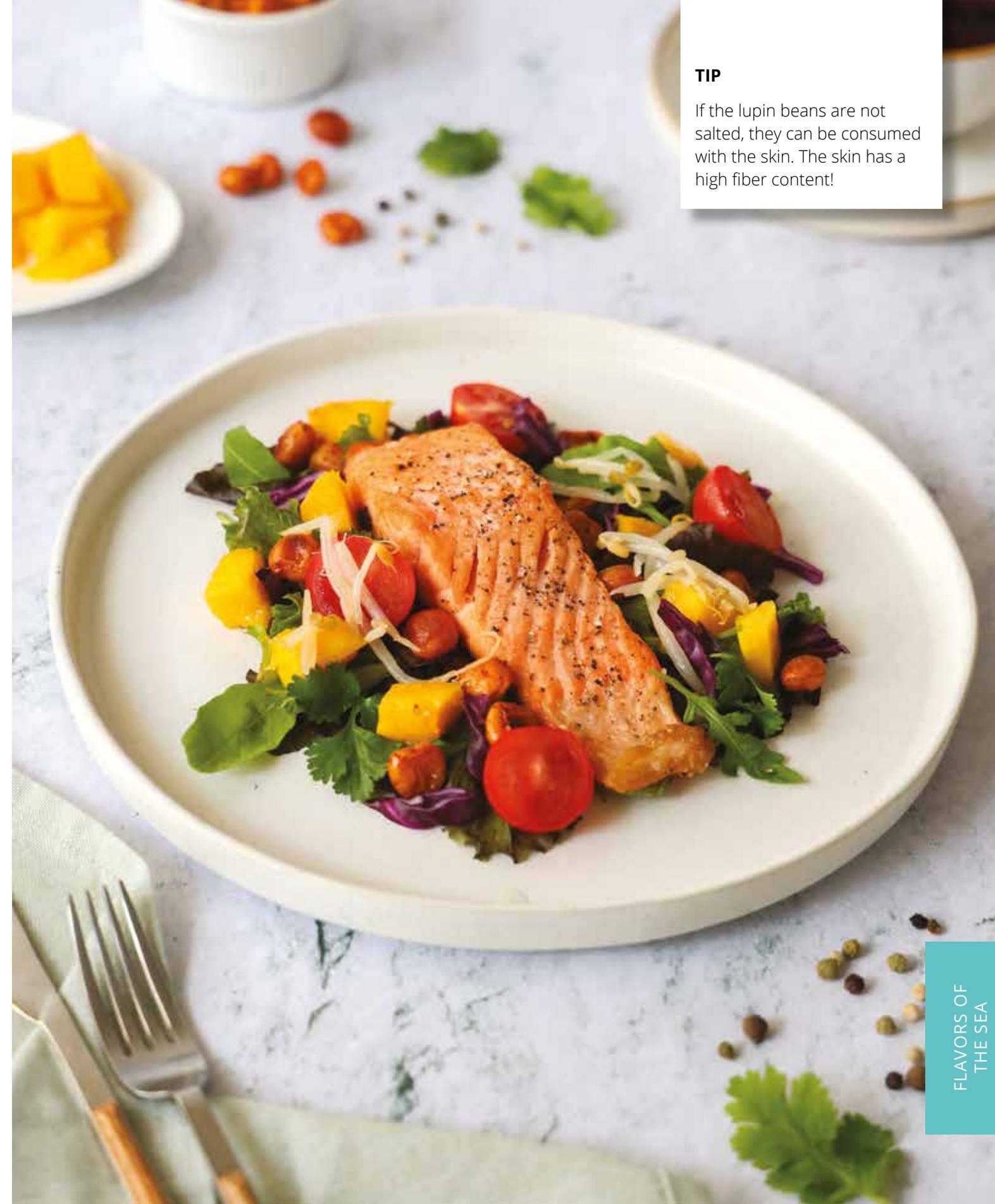
Season the lupin beans with olive oil, smoked paprika, garlic powder, salt, and pepper, and bake in a preheated oven at 200°C (392°F) for about 20-25 minutes.

Prepare the vegetables for the salad: cut the tomatoes in halves, *julienne* the red cabbage, and dice the mango.

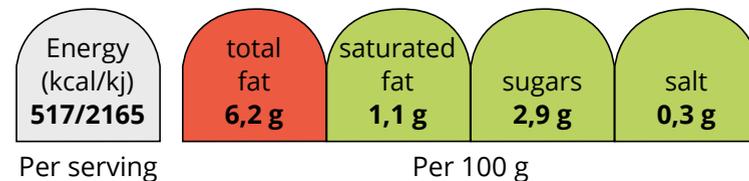
Season the salmon with salt, pepper, and lime juice, and grill on a hot grill or skillet for about 3 minutes on each side. Serve with the salad and the crunchy lupin beans as a topping.

TIP

If the lupin beans are not salted, they can be consumed with the skin. The skin has a high fiber content!



Nutritional profile





**LEGUMES
FLAVORS OF THE PASTURE**

Chicken Lasagna with Fava Bean Pesto

4 1 hour and 15 minutes

Ingredients

600 g (3 1/3 cups; 1lb 5.2 oz) chicken
 250 g (1 3/4 cup; 8.8 oz) lasagna sheets
 200 ml (1 1/8 cup; 7 oz) *Béchamel* sauce
 2 tbsp olive oil
 1 tsp Herbes de Provence
 50 g (1/2 cup; 1.8 oz) grated mozzarella cheese
 500 g (2 3/4 cups; 1lb 5.2 oz) skinned fava beans
 100 g (3/4 cup; 3.5 oz) grated Grana Padano cheese
 2 garlic cloves
 100 g (3/4 cup; 3.5 oz) fresh basil
 Juice and zest of 2 lemons
 40 ml (1/8 cup; 1.3 oz) olive oil
 1 pinch salt
 Black pepper to taste

Preparation method

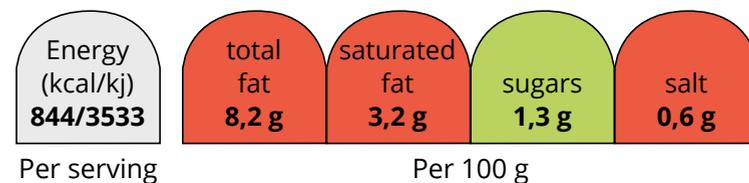
Cook the fava beans and set aside the cooking water.
 Cook the chicken in salted water for 20 to 25 minutes.
 In a blender, blend the fava beans, Grana Padano cheese, garlic, basil, lemon juice and zest, olive oil, 200 ml of the fava bean cooking water, and season with salt and pepper. Blend and set aside.
 Shred the chicken and mix it with the pesto.
 In a baking dish, place a bit of *Béchamel* sauce and make a layer of lasagna sheets. Cover with the chicken pesto mixture, add *Béchamel* sauce, and cover with lasagna sheets. Repeat the process until all components are used, ensuring the last layer is a lasagna sheet/s .
 Finish with the remaining *Béchamel* sauce and grated mozzarella cheese. Bake in the oven at 180°C (356°F) for 30 minutes until golden.

TIP

Favism is a Health condition resulting from the absence of the enzyme glucose-6-phosphate dehydrogenase, essential for human metabolism. The most characteristic symptoms are: weakness and fatigue, jaundice (yellowing of the skin and the white part of the eye), and dark urine, which appear after consuming fava beans.



Nutritional profile



Beef and Red Bean Chili

4 60 minutes

Ingredients

400 g (2 1/3 cups; 14.1 oz) ground beef
400 g (2 1/3 cups; 14.1 oz) soaked red beans
200 g (1 1/8 cup; 7 oz) chopped tomatoes
150 g (1 cup; 5.3 oz) canned sweet corn
1 red bell pepper
1 green bell pepper
1 onion
2 garlic cloves
1 red chili pepper
50 ml (1/4 cup; 1.7 oz) white wine
4 tbsp olive oil
1 tsp cumin
1 tsp smoked paprika
1 pinch salt
Black pepper to taste

Preparation method

Cook the soaked red beans in hot water for about 30 minutes. Drain and set aside the cooking water.

Chop the onion, garlic, and chili pepper and sauté in olive oil. Add the ground beef and season with salt, pepper, cumin, and smoked paprika.

Add the chopped bell peppers, chopped tomatoes, and white wine. Let it simmer for about 10 minutes.

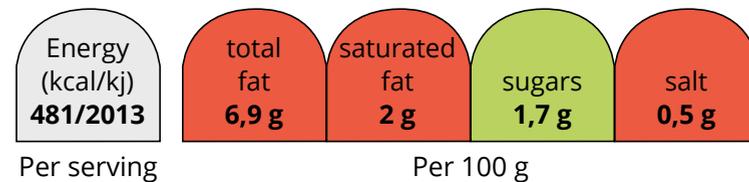
Then, add the beans and corn, mix well, adjust the seasoning, and let it cook for another 15 minutes until the sauce thickens. If more liquid is needed, use the reserved cooking water.

TIP

For a lower-fat recipe, beef can be replaced with chicken or turkey.



Nutritional profile



Sautéed Turkey and White Beans with Pumpkin Seeds

4 45 minutes

Ingredients

400 g (2 1/3 cups; 14.1 oz) turkey breast
400 g (2 1/3 cups; 14.1 oz) soaked white beans
1 small onion
2 garlic cloves
2 ripe tomatoes
1 butternut squash
4 tbsp olive oil
50 ml (1/4 cup; 1.7 oz) white wine
2 tbsp tomato pulp
1 tsp oregano
1 pinch of salt
Black pepper to taste.
50 g (1/2 cup; 1.8 oz) pumpkin seeds

Preparation method

Cook the soaked white beans in a pot of hot water for about 30 minutes. Drain and set aside, also setting aside the cooking water.

Cut the turkey and butternut squash into small cubes and season with salt and pepper.

Chop the onion, tomatoes, and garlic and *sauté* in olive oil using a large frying pan. Add the turkey and butternut squash to the *sauté* and let it brown for 4 minutes.

Add the tomato pulp, season with oregano, salt, and pepper. Mix everything and, when it starts to boil, let it cook for 20 minutes with the pan covered, on low heat.

Finally, add the cooked beans and mix well into the *sauté*. Let it cook for another 5 minutes.

Serve sprinkled with pumpkin seeds.

TIP

The seeds from the butternut squash can be removed, cleaned and roasted in a preheated oven at 180°C (356°F) for about 20 minutes. They make a crunchy topping for soups and salads.



Nutritional profile



Roasted Pork Loin with Kale, Cornbread and Black-Eyed Pea Migas

4 45 minutes (+1 hour of marinade)

Ingredients

1 pork loin (approx. 500 g; 2 3/4 cups; 1lbs 5.2 oz)
 200 ml (1 1/8 cup; 7 oz) white wine
 1 bay leaf
 1 tsp smoked paprika
 1 pinch salt
 Black pepper to taste
 250 g (1 3/4 cup; 8.8 oz) shredded kale
 200 g (1 1/8 cup; 7 oz) cooked black-eyed peas
 100 g (3/4 cup; 3.5 oz) cornbread
 4 garlic cloves
 6 tbsp olive oil

Preparation method

In a bowl, mix the white wine, 2 chopped garlic cloves, bay leaf, smoked paprika, salt, and pepper.

Rub the pork with the marinade and let it marinate for at least 1 hour.

Seal all sides of the pork in a pot with 2 tbsp hot olive oil. Pour the marinade over the pork and roast at 160°C (320°F) for about 40 minutes in a roasting pan.

In a large frying pan over medium heat, brown the remaining chopped garlic in the remaining olive oil. Add the kale and cook for 5 minutes with the pan covered.

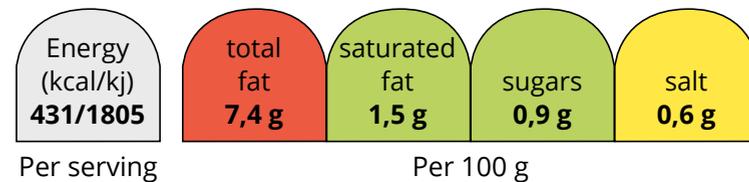
Uncover the pan and add the cooked black-eyed peas and crumbled cornbread. Season with salt and pepper, mix well, and let it finish cooking for another 5 minutes.

TIP

Pork loin, despite being red meat, is considered a cut with low fat content, similar to white meats.



Nutritional profile



Crunchy Chickpea and Honey Mustard Dressing Chicken Salad

4 30 minutes

Ingredients

- 4 chicken breasts
- 2 avocados
- 1 big carrot
- 1 big cucumber
- 200 g (1 3/4 cup; 8.8 oz) cherry tomatoes
- 200 g (1 3/4 cup; 8.8 oz) mixed green leaves (lettuce, arugula)
- 200 g (1 3/4 cup; 8.8 oz) cooked chickpeas
- 4 tbsp olive oil
- 2 tbsp Dijon mustard
- 1 tbsp honey
- 1 tbsp smoked paprika
- 1 tsp garlic powder
- 1 pinch salt
- Black pepper to taste

Preparation method

Season the chickpeas with smoked paprika, garlic powder, salt, and pepper, and bake in a preheated oven at 200°C (392°F) for about 20-25 minutes.

Prepare the vegetables for the salad: quarter the tomatoes, grate the carrot, slice the cucumber, and cut the avocado into slices.

Prepare the honey mustard dressing: in a jar with lid, combine the olive oil, mustard, and honey, cover and shake well.

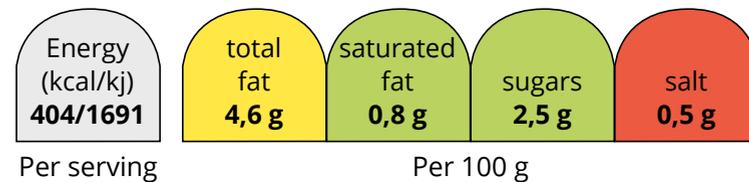
Season the chicken with salt, pepper, and smoked paprika, and grill without oil on a hot grill or skillet for about 4 minutes on each side. Serve with the salad, crunchy chickpeas as a topping, and the honey mustard dressing.

TIP

Quinoa, couscous, or millet can be added to make this salad even more nutritious.



Nutritional profile



Shepherd's Pie with White Bean *Purée*

4 1 hour and 15 minutes

Ingredients

500 g (2 3/4 cups; 1lbs 5.2 oz) lamb meat (boneless and skinless)
 500 g (2 3/4 cups; 1lbs 5.2 oz) potatoes
 400 g (2 1/3 cups; 14.1 oz) cooked white beans
 400 g (2 1/3 cups; 14.1 oz) chopped tomatoes
 2 onions
 2 carrots
 1 celery stalk
 2 garlic cloves
 200 ml (1 1/8 cup; 7 oz) red wine
 200 ml (1 1/8 cup; 7 oz) skim milk
 4 tbsp olive oil
 1 bay leaf
 1 egg yolk
 10 g (1/16 cup; 0.4 oz) butter
 1 pinch salt
 Fresh thyme to taste
 Black pepper to taste
 Nutmeg to taste

Preparation method

Peel the potatoes and boil for 10 minutes.

Chop the onion, carrot, celery, and garlic and *sauté* in a pot with olive oil and bay leaf.

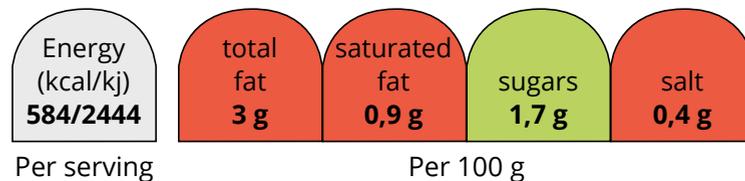
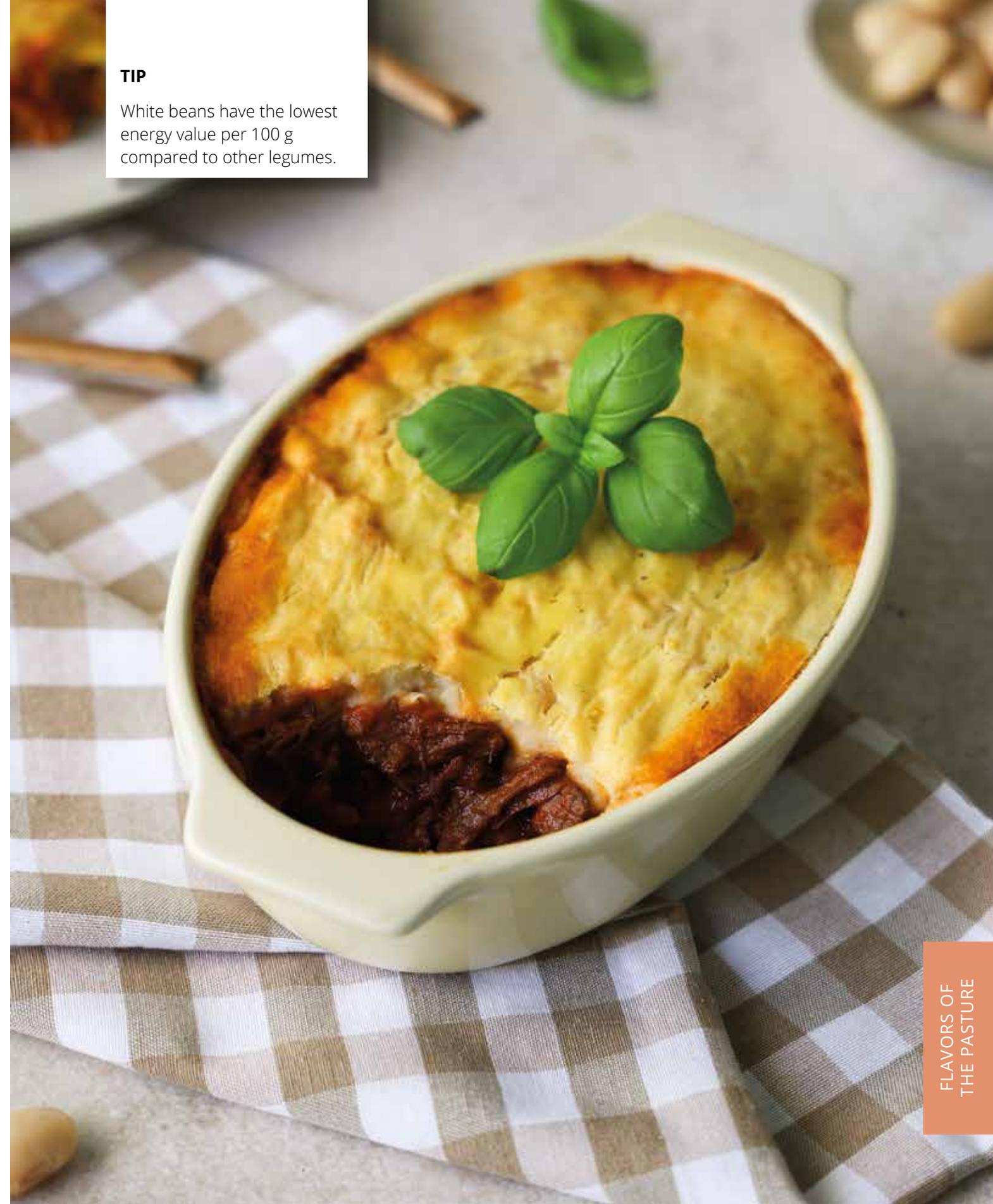
Add the lamb and let it brown. Add the red wine, tomatoes, chopped thyme, salt, and pepper, and let it cook until the meat separates easily (about 40 minutes). Remove the meat from the pot, shred it, and return it to the pot to mix with the sauce.

Drain the potatoes, add the cooked white beans, and mash. Add the butter and milk, season with salt, pepper, and nutmeg, and continue mashing until it is a consistent *purée*.

Finish the Shepherd's Pie: place the meat at the base of a baking dish and cover with the potato and white bean *purée*. Brush with beaten egg yolk and bake in a preheated oven at 180°C (356°F) for 20 minutes until golden brown.

TIP

White beans have the lowest energy value per 100 g compared to other legumes.





**LEGUMES
DESSERTS**

White Bean and Carob Cookies

8 30 minutes

Ingredients

- 240 g (1 1/3 cup; 8.5 oz) cooked white beans
- 60 g (1/2 cup; 2.1 oz) carob flour
- 50 g (1/3 cup; 1.8 oz) white sugar
- 3 tbsp softened butter
- 120 ml (1/2 cup; 4.3 oz) skim milk (a bit more may be needed)
- 1 pinch baking powder

Preparation method

Place the cooked white beans, carob flour, sugar, and butter in a food processor and blend until a paste is formed.

Gradually add the milk while blending at low speed, so the milk incorporates into the dough. Add liquid only until the ideal consistency for kneading is achieved.

Shape into dough balls and press with a fork to make a cross pattern. Place the cookies on a baking tray lined with parchment paper.

Bake the cookies in a preheated oven at 180°C (356°F) for 15 to 20 minutes.

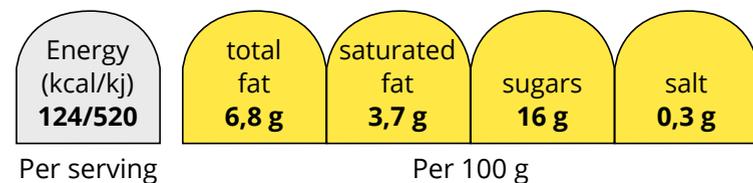
Remove from the oven and let them cool completely before serving.

TIP

For a vegan recipe, replace the butter and milk with plant-based cream and your preferred plant-based milk (such as soy or almond).



Nutritional profile



Chickpea and Raspberry *Blondie*

8   45 minutes

Ingredients

400 g (2 1/3 cups; 14.1 oz) cooked chickpeas
125 g (1/2 cup; 4.4 oz) almond paste
80 g (3/4 cup; 2.8 oz) honey
1 egg
2 tsp vanilla extract
1 tsp baking powder
1/2 pinch salt
200 g (1 3/4 cup; 8.8 oz) fresh raspberries

Preparation method

Place all the ingredients in a food processor, except for the baking powder and raspberries. Blend until there is a smooth batter.

Fold in the baking powder and fresh raspberries into the batter, without beating.

Pour the batter into a small baking dish lined with parchment paper and spread it evenly.

Bake in a preheated oven at 180°C (356°F) for 30 minutes.

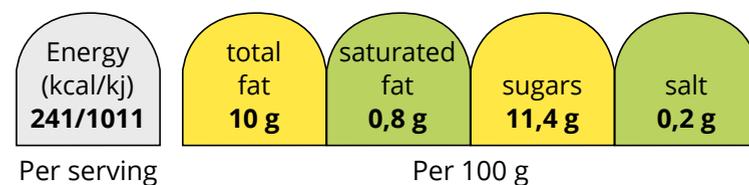
Remove from the oven and let it rest for 10 minutes before cutting.

FUN FACT

Almonds are rich in phytochemicals, including phenolic acids, phytosterols, and phenolic compounds, which give them significant antioxidant potential.



Nutritional profile



Energy Balls with Peanuts

8 30 minutes

Ingredients

- 250 g (1 3/4 cup; 8.8 oz) pitted dates
- 100 g (3/4 cup; 3.5 oz) roasted unsalted peanuts
- 100 g (3/4 cup; 3.5 oz) fine oat flakes

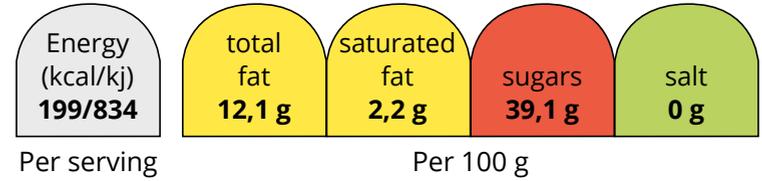
Preparation method

Blend all the ingredients in a food processor.
Form balls with the mixture and refrigerate for 15 minutes to solidify.

FUN FACT
Peanuts belong to the *Fabaceae* family and are a legume. However, they are often included in the group of oilseeds because they have a similar composition to nuts, almonds, and hazelnuts.



Nutritional profile



LEGUMES

DESSERTS

Black-Eyed Pea and Cinnamon Pastries

8 50 minutes

Ingredients

Dough:

250 g (1 3/4 cup; 8.8 oz) all-purpose flour (T55)
150 ml (2/3 cup; 5.3 oz) ice-cold water
40 g (1/4 cup; 1.4 oz) margarine
½ pinch salt
All-purpose flour for dusting

Filling:

250 g (1 3/4 cup; 8.8 oz) white sugar
100 g (3/4 cup; 3.5 oz) black-eyed pea purée
100 ml (1/2 cup; 3.5 oz) water
50 g (1/3 cup; 1.8 oz) ground almond meal
6 whole eggs
6 yolks
1 tbsp powdered cinnamon

Preparation method

Place the flour on the countertop, make a whole in the center, add the salt, margarine, and water, and knead well. Place the dough in a plastic bag and refrigerate.

Prepare the filling: place the sugar in a pot, add the water, and let it boil 10 minutes. Add the black-eyed pea purée and ground almonds, and remove from heat. Add the beaten eggs, egg yolks, and cinnamon, mix well, and let it cool.

Roll out the dough on a flowered surface. Cut circles of dough, line small molds with them, fill with the black-eyed pea mixture, sprinkle with powdered sugar, and bake in a preheated oven at 180°C (356°F) for 20 minutes.

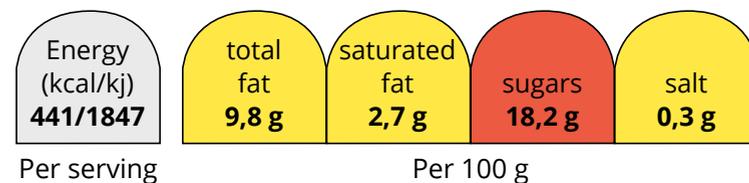
Remove and let cool completely before serving.

FUN FACT

Sometimes real cinnamon (*Cinnamomum verum* J.Presl) is confused with "cassia" (*Cinnamomum cassia* (L.) J. Presl), another variety that is more bitter and intense but of lower quality. Look for Ceylon cinnamon!



Nutritional profile



Chocolate Mousse with Aquafaba

8 20 minutes (+ 2 hours' rest time)

Ingredients

- 800 ml (3 1/3 cup; 8.8 oz) de aquafaba (chickpea cooking water)
- 200 g (1 3/4 cup; 1 lbs. 12.2 oz) dark cooking chocolate
- 1/2 pinch of salt

Preparation method

Melt the chocolate in a double boiler.

Place aquafaba in a bowl and beat it with a mixer until it forms stiff peaks (similar to egg whites). Do not overbeat or it will lose its structure.

Gently fold the melted chocolate into the aquafaba until a creamy mousse consistency is achieved.

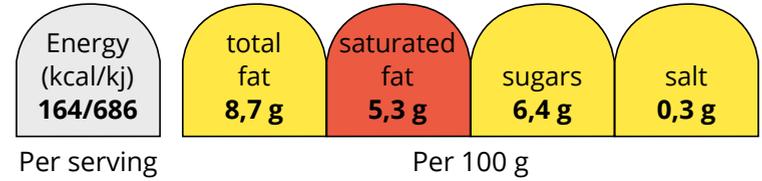
Add a pinch of salt and refrigerate the mousse. Let it rest for at least 2 hours to solidify.

FUN FACT

This use of aquafaba was discovered by accident in mid-2014 by French musician Joël Roessel . Since then, aquafaba has become an excellent resource for vegan recipes, as protein source, replacing egg whites.



Nutritional profile



Black Bean and Chocolate Cake

8   30 minutes

Ingredients

400 g (2 1/3 cups; 14.1 oz) cooked black beans
4 whole eggs
150 g (1 cup; 5.3 oz) brown sugar
2 tbsp olive oil
40 g (1/4 cup; 1.4 oz) cocoa powder
1 tsp baking powder
1 tsp vanilla extract
1 pinch of ground cinnamon
40 g (1/4 cup; 1.4 oz) almond paste for topping (optional)

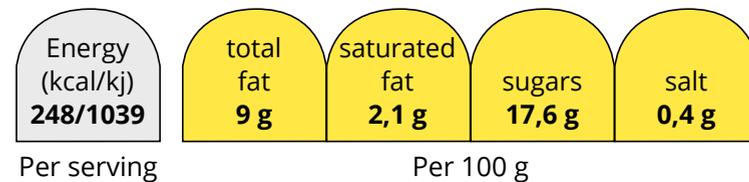
Preparation method

Purée the black beans.
In a large bowl, beat the eggs with the black bean *purée*.
Add the baking powder and mix well.
Pour the mixture into a baking pan lined with parchment paper and bake in a preheated oven at 180°C (356°F) for 30 to 40 minutes.
Remove from the oven and let it rest for about 10 minutes before cutting.
Suggestion: Serve with almond paste as a topping.

FUN FACT

Cocoa is very rich in polyphenols, particularly catechins and epicatechin, which are substances with antioxidant and cell-protective properties.

Nutritional profile



Team and Acknowledgments



The NOTS-Nitro Organic To Soils project aims to positively contribute to the agricultural sector by improving soil quality and better nutrient management, particularly nitrogen management, to achieve more sustainable goals.

NOTS is being developed in five low-density and disadvantaged areas in Portugal (Mainland Portugal: Beja, Évora, Leiria, Santarém, and the Autonomous Region of the Azores: Terceira District). The regions involved are characterized by medium- and large-scale agriculture, where the effects of climate change are more pronounced due to the predominance of a Mediterranean-type climate, which exacerbates soil organic matter depletion and the gradual reduction of precipitation in the region.

NOTS is funded by the European Commission's Recovery and Resilience Mechanism – RE-C05-i03/2021*.

Thus, reducing the nitrogen footprint in agricultural production, increasing carbon sequestration, and improving soil quality are the main objectives of the NOTS project.

*N.º 03/C05-i03/2021 - PRR-C05-i03-I-000020



The team of the NOTS-Nitro Organic To Soils project publishes this book because it believes that implementing or simply increasing the cultivation of legumes in various contexts can achieve significant improvements in reducing fertilization needs. This will promote profitability gains in farming operations and benefits for soil quality and the environment in general.

Writing this book has been a rewarding journey. Along the way, many people and entities contributed, and we wish to highlight them.

The support for the NOTS project through the European Commission's Recovery and Resilience Mechanism PRR - No. 03/C05-i03/2021 - PRR-C05-i03-I-000020, which was fundamental for the creation of this book.

We thank the Instituto Superior de Agronomia (ISA) (Higher Institute of Agronomy), the centenary, largest, and oldest school of agricultural sciences in the country, and the CEF-Centro de Estudos Florestais (Center for Forest Studies), an excellent research center at ISA. To Dr. Miguel Franco Afonso for his collaboration in calculating the nitrogen footprints® of the recipes.

To all those who, inspired by this book, will prepare healthier and more sustainable recipes, reconnecting with the Mediterranean diet. They will be contributing to gastronomic solutions where legumes are always present, promoting healthy meals with a low nitrogen footprint, and advancing our commitment to the "Terra Futura" agenda — for a healthier and more sustainable future.

* FCT – Fundação para a Ciência e Tecnologia: FST - Foundation for Science and Technology, I.P. project reference UID/00239: Forest Research Center.

Team and Acknowledgments



Nutrialma®, founded in 1992 by nutritionist Teresa de Herédia, is a Nutrition Consulting company offering services tailored to businesses and individuals. Its goal is to create nutritional intervention programs and promote healthy and sustainable eating in the areas of Collective Catering, Food Innovation, Clinical Nutrition, and Nutrigenetics.

This work is carried out by a team of nutritionists who embody the company's mission and values in their activities: a rigorous, scientific, and competent commitment to meeting the needs of its clients and the market, ensuring professional excellence and the well-being of the population.

We thank everyone who, in some way, contributed to the execution of this project.

To the Instituto Superior de Agronomia (Higher Institute of Agronomy), represented by Prof. Dr. Cláudia S. C. Marques-dos-Santos, for the invitation to join the NOTS-*Nitro Organic To Soils* project and for the full support and trust in the creation of this book.

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To the readers, who are the true inspiration behind this work, and to all those who share the commitment to more conscious and sustainable eating.

Descriptive Index

Foreword	10
Pots, footprints, reflections, and sustainability	
Cooking with Awareness	12
The invisible impact of the nitrogen footprint	
Ancient Wisdom, Current Science	14
The importance of legumes	
Legumes for Snacking	
Black garlic <i>lummus</i>	18
Lentil nachos with spicy pea guacamole.....	20
Creamy butter bean <i>Bruschetta</i> with roasted cherry tomatoes, and caramelized onion.....	22
Chickpea <i>falafel</i> with yogurt and mint sauce.....	24

Sandwich with mashed chickpeas, mung bean sprouts, and <i>sautéed</i>	26
Savory black-eyed pea muffins with <i>Brie</i> cheese.....	28

Legumes and Flavors of the Land

Shells stuffed with fava bean cream, Feta cheese, and <i>tapenade</i>	32
Butter beans and pumpkin <i>Bulhão Pato</i> style.....	34
Lentil meatballs with coconut and ginger sauce.....	36
Butter Bean Stew with pearl barley and collard greens.....	38
White bean <i>Moussaka</i>	40
Mini chickpea and rice.....	42

Legumes and Flavors of the Sea

Grilled sea bass with pea pesto.....	46
Tuna Tataki with chickpea and sweet potato <i>purée</i>	48
Shrimp <i>tagliatelle</i> with peas and basil.....	50
Stuffed squid with lentil Bolognese.....	52
Chickling vetch and codfish fritters.....	54
Seared salmon salad with crunchy lupin beans and mung bean sprouts.....	56

Legumes and Flavors of the Pasture

Chicken Lasagna with fava bean <i>pesto</i>	60
Beef and red bean <i>Chili</i>	62
Sautéed turkey and white beans with pumpkin seeds.....	64

Roasted pork loin with kale, cornbread, and black-eyed pea Migas.....	66
Crunchy chickpea and honey-mustard dressing chicken salad.....	68
<i>Shepherd's Pie</i> with white bean <i>purée</i>	70

Legumes Desserts

White bean and carob cookies.....	74
Chickpea and raspberry <i>Blondie</i>	76
Energy balls with peanuts.....	78
Black-eyed pea and cinnamon pastries.....	80
Chocolate mousse with aquafaba.....	82
Black bean and chocolate cake.....	84

Team and Acknowledgments	86
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In a time when planet Earth is asking for more attention, rethinking the way we eat is a necessary gesture.

Every ingredient we place in a recipe carries a story, a footprint, a choice.

A book that invites you to journey through the flavors of Mediterranean tradition, where legumes are the foundation of 30 balanced, creative, and sustainable recipes. From snacks to desserts, encompassing the flavors of the land, pasture, and sea, discover in each recipe how simplicity in preparation can be unexpected.

And what if each recipe in this book is more than just a moment at the table?

Let it be a path to a sustainable future, true to our gastronomic identity, made of conscious and nutritious choices.

All recipes were developed by a team of nutritionists, ensuring nutritional balance without sacrificing the pleasure of eating well.

Eating well is also caring for the planet.

The 30 recipes, with Nitrogen Footprint® calculations, reveal the environmental impact of the ingredients used in each dish.

If you believe that small actions make a big difference, this book is a first step.

If you are looking for inspiration to cook in a flavorful and sustainable way, **this book is for you.**

If you respect the Earth and all it gives us, then **this book is already yours!**

