

04.01.2016 - In celebration of the ‘Year of the Pulse’ Food and Agriculture Organization of the United Nations has produced a database of over 850 recipes from more than 50 countries, which serves not only to preserve traditional recipes for posterity, but also to promote the many ingredients and dishes that are less well-known outside their place of origin.

Pulses such as kidney beans, pigeon peas, chickpeas and lentils are regularly featured in these recipes—a testament to their ubiquity, flavour and ease of preparation.



The International Year of Pulses aims to raise awareness of the nutritional benefits of pulses as part of sustainable food production aimed towards food security and nutrition.

The Year will encourage connections that would better utilize pulse-based proteins, further global production of pulses, better utilize crop rotations and address the challenges in the trade of pulses.

Check out the recipes below illustrating the importance of pulses worldwide:

Asia and the Pacific



[Rice Krispies from Bangladesh](#) [China](#)
[Rice Krispies from the Philippines](#)



[Rice Krispies from the Philippines](#) [Tanzania](#)
[Rice Krispies from the United States of America](#)
[Rice Krispies from Nigeria](#)

WHY ARE THEY IMPORTANT?



Pulses contribute to food security at all levels

They are produced and consumed widely in developing countries.



Pulses have a high nutritional value

They are a critical source of plant-based proteins, amino acids and other essential nutrients.



Pulses have important health benefits

They are recommended for preventing chronic diseases and obesity.



Pulses foster sustainable agriculture and contribute to climate change mitigation

Their nitrogen-fixing qualities can improve soil fertility and produce a smaller carbon footprint.

KEY OBJECTIVES



Promote the value and utilization of pulses throughout the food system



Raise awareness about the benefits of pulses, including sustainable agriculture and nutrition



Encourage connections to further global production of pulses



Foster enhanced research



Advocate for better utilization of pulses in crop rotations



Address the challenges in the trade of pulses