

# CHRISTIE & CO

FROM DREAM TO MAINSTREAM

PRESS RELEASE

**FOR IMMEDIATE RELEASE**

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**Columbia Grain™**

CULTIVATING GROWTH™

## **New & Creative Ways to Incorporate American-Grown Pulses and Beans into Your Holiday Menu**

*Pinto beans, black beans, navy beans, chickpeas, peas, and lentils are easy to cook and serve as the star ingredient for every holiday meal.*

**Portland, OR (September 2020)** — Vegans, vegetarians, and flexitarians agree beans and pulses are the new “it” protein source of 2020. Beans and pulses are teaming with naturally occurring fibers, anti-inflammatory micronutrients, immune-boosting antioxidants, and low-calorie counts<sup>1</sup>. These delicious, protein-packed superfoods are a nutritious and affordable alternative to their carnivore-friendly counterparts and marry nicely with classic holiday flavors like cranberry, sage, rosemary, and thyme. Mild in flavor, but rich in taste, texture, and health benefits, beans set the stage for enhanced creativity in the kitchen this holiday season. Adding aromatic herbs and spices will be instrumental in attaining the flavor of the cuisine you are trying to achieve. There’s a lot more versatility to cooking with beans and pulses than you’ve probably ever dared to imagine. In addition to beans and pulses popping up in chips, pastas, and vegetarian meat substitutes, they can make indulging in holiday desserts surprisingly more nutritious. Chances are, you’ll feel less guilty enjoying them and just a little smarter serving them, too.

[Columbia Grain International \(CGI\)](#), a global leader in the origination, processing, and distribution of high-quality grains, pulses, edible beans, oilseeds, and organics for the Pacific Northwest, has seen a 200% increase in the demand for its versatile beans since March and doesn’t see it slowing anytime soon. They predict beans will play a leading role in holiday meals this year.

“Pulses are the perfect plant-based protein - free from allergens, gluten, nuts, and additives, they fit seamlessly within a variety of diets,” said Columbia Grain International’s Vice President of the Pulse Division, Tony Roelofs.

As stated in *The New York Times*<sup>2</sup>: “Easy, forgiving, healthy and economical, beans are a home cook’s secret weapon. Yes, canned beans are convenient, but knowing how to cook dried beans gives you flexibility and makes for a far more delicious meal. It’s easy to prepare beans and some of their relatives in the legume family, including lentils and split peas, both on the stove and in the pressure- or slow-cooker.”

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<sup>1</sup> Why More People Are Eating Plant-Based Protein During COVID-19: June 2020: <https://www.healthline.com/health-news/more-people-eating-plant-based-protein>

<sup>2</sup> NYT: How to Cook Beans: <https://cooking.nytimes.com/guides/21-how-to-cook-beans>



The Instant Pot is a fast, convenient way to cook beans when time is of the essence. Simply, follow the below directions:

Rinse and sort one pound of dried beans and then cover with eight cups of water in the Instant Pot. Cook on high pressure for the directed time (see below). Once cook time has released, let the pressure release naturally for at least 20 minutes before trying to do a quick release of pressure. Once beans have finished cooking, add in a splash of apple cider vinegar and salt. The salt flavors the beans, the vinegar helps make the beans easier to digest<sup>3</sup>. Wearing oven mitts, remove the inner pot carefully, drain the beans, and rinse with cold water before storing or adding them to any of the below recipes. The beans will keep in an airtight container in the refrigerator for up to 5 days.

### INSTANT POT BEAN COOK TIME

- Black Beans—30 Minutes on High Pressure
- Chickpeas—40 Minutes on High Pressure
- Kidney Beans—35 Minutes on High Pressure
- Pinto Beans—25 Minutes on High Pressure
- Navy Beans—30 Minutes on High Pressure
- Great Northern Beans— 35 Minutes on High Pressure

***Here are Columbia Grain International's favorite pulse-packed recipes for Thanksgiving, Christmas, Hanukkah, and New Year's Day:***



**[Roasted Sweet Potato, Squash and Chickpea Fall Salad with Maple Tahini Dressing](#)**: Savor fall flavors with this bean-based salad featuring seven grams of fiber and seven grams of protein, courtesy of chickpeas, and starring cranberries, rosemary, sage, cumin, and feta cheese. Chickpeas help increase satiety, boost digestion, keep blood sugar levels stable, increase protection against disease, and more. Chickpea nutrition is a potent package of protein, vitamins, and minerals, so they are often included in many healing diets.<sup>4</sup> Recipe by Running to the Kitchen.



**[Butternut Cranberry Lentil Stuffing](#)**: This stuffing is a go-to for vegan or vegetarian Thanksgivings and features dried green lentils for 7+ grams of protein at an astounding 500 calories or less per serving. Lentils are low in calories, rich in iron and folate, and an excellent source of protein. They pack health-promoting polyphenols and may reduce several heart disease risk factors.<sup>5</sup> Recipe by The Food Charlatan.

<sup>3</sup> A Mind Full Mom: Instant Pot Beans: <https://amindfullmom.com/instant-pot-beans/>

<sup>4</sup> 8 Great Reasons to Include Chickpeas in your Diet: Healthline. <https://www.healthline.com/nutrition/chickpeas-nutrition-benefits>

<sup>5</sup> What are the Benefits of Lentils? MedicalNewsToday. <https://www.medicalnewstoday.com/articles/297638>



[Vegan Shepherd's Pie](#): This cozy main is best enjoyed while drinking hot mulled cider. It's packed with protein, thanks to green peas and lentils, and scented with fennel and sage. Green peas are one of the best plant-based protein sources, which is a major reason why they are so filling, along with their high amount of fiber.<sup>6</sup> Recipe by A Couple Cooks.



[Fudgy Pecan Pie](#): This innovative take on a classic staple holiday dessert incorporates wholesome, protein-packed lentils as a filling base, paired with cocoa, butter, vanilla, and sugar. Recipe by Pulses.org.

## About Columbia Grain International

Since 1978, Columbia Grain International™ (CGI) has been *Cultivating Growth™* as a global leader in the origination, processing, logistics, and distribution of high-quality bulk grains, pulses, edible beans, oilseeds, and organics for U.S. domestic and worldwide export markets. Headquartered in Portland, OR, CGI's reliable supply chain spans the western region of the U.S., ensuring abundant ingredients for all of its partners, thanks to their trusted relationships with their farmers throughout the fertile croplands of Washington, Idaho, Montana, and North Dakota, well known for its high-quality wheat, feed grains, canola and pulses. CGI is an owner of Montana Specialty Mills, an organic and non-GMO oilseed crushing facility in Great Falls, Montana, a mustard seed facility in Conrad, Montana, and most recently Montana Craft Malt —providing specialty malt barley from Montana farmers to the craft brewing world. Today, they are vertically integrated, operating assets including grain elevators, processing plants and agronomy centers to support their farmers, which stretch the northern tier of the United States. With multiple touchpoints across the food supply chain, CGI provides trusted solutions and cultivates high-quality ingredients from their local farmers for a farm to table philosophy that nourishes the world, safely.

For more information, visit [Columbia Grain International](#) online. For media inquiries, contact Christina Madrid at Christie & Co. and/or email [christina@christieand.co](mailto:christina@christieand.co).

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<sup>6</sup> Why Green Peas are Healthy & Nutritious: Healthline: <https://www.healthline.com/nutrition/green-peas-are-healthy>