

WHAT'S THE DIFFERENCE BETWEEN THE LEGUMES: beans, peas and lentils?



Dry beans are oval and kidney shaped. Great in soups, salads, or side dishes. Choose pinto, black, white, red, navy, garbanzo and cannellini.



Peas are round and usually served as a vegetable. Great in soup, salads and casseroles. Choose whole peas, black-eyed peas, split peas, sugar snap peas.



Lentils are flat disks and come in different colors. Great to use in soups! Choose red, green, yellow and black.

