

ANASAZI PARCHED PULSE



Anasazi Parched Pulse

Healthy, whole, fresh vegetables in a delicious, crunchy, convenient snack. Finding ways to eat your recommended servings of vegetables is difficult. Anasazi Parched Pulse uses an innovative drying technique to bring a snackable assortment of flavorful vegetables. Great for a school lunch, office snacks, and back packing.

Ingredients

Peas, corn, tomatos, broccoli, asparagus, salt.

Recipes

Grilled Salmon

What you will need: 1/2 cup Anasazi Parched Pulse, 1 lb Salmon, 1 Lemon, Pepper to taste

Directions: Put 1/2 cup Anasazi vegetables in 1 cup boiling water, cover and let reconstitute about one minute. Wash the salmon, pat dry and place on lightly oiled heavy duty, aluminum foil. Squeeze fresh lemon juice on salmon and cut lemon rings to place on the salmon. Season with SolSalt and pepper. Add the drained vegetables on top of the salmon and enclose in the aluminum foil. Grill until the salmon is flakey and cooked (approximately 10-15 minutes per 1 inch of thickness). Makes 4 servings.

Nutritionals per serving *Percent Daily Value Based on a 2,000 calorie diet.

Calories - 120

Carbohydrates - 26g

Protein - 2g

Fiber - 3g

Sodium - 164mg (7%)*

Fat - 3g

What is freeze drying?

The raw fruit or vegetable is flash frozen. It is then placed on trays, which go into the freeze dryer for a 12-24 hr. cycle. First a vacuum is created. Then low levels of heat are applied. The moisture in the fruit or vegetable begins to slowly turn to vapor, skipping the liquid stage because there is no oxygen present to form H₂O. This process is called sublimation. After the moisture has been reduced to 2-4% the product is removed, inspected, and packaged. This preserves shape, flavor, and nutritional value better than any other process.

