



# PULSES COLLABORATION RECIPE TESTING

LAKEVIEW CENTENNIAL HIGH SCHOOL

OCTOBER 20<sup>TH</sup>, 2021

REPORT BY: ANNA REYNOLDS

CONTRIBUTORS: USA PULSES AND CIA HEALTHY KIDS COLLABORATIVE




# PRODUCT TEST SUMMARY

On Wednesday October 20<sup>th</sup> a test was organized and conducted at Lakeview Centennial High School.

The objectives of this test were as follows:



- Gauge acceptability of pulses recipes
- Test ease of concept in relation to production.
- Gain feedback on knowledge of pulses and recipe acceptance for review and analysis
- Expose students to Pulses and a variety of recipe concepts.

# PUMPKIN PARFAIT WITH CHICKPEA GRANOLA SURVEY



**Pumpkin Parfait with Chickpea Granola**

We would love to hear your thoughts or feedback on this menu item!

 areynolds@garlandisd.net (not shared) [Switch account](#) 

\* Required

On a scale of 1 to 10, how likely are you to eat this dish again? \*

1 2 3 4 5 6 7 8 9 10

Not likely at all            I would definitely eat this again

What was your favorite thing about this dish? \*

Your answer \_\_\_\_\_

What was your least favorite thing about this dish? \*

Your answer \_\_\_\_\_

\*

	Do not like it	Like it	Love it!
Do you like how the parfait looks?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you like how the parfait smells?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you like how the parfait tastes?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Have you ever had chickpeas before? \*

Yes

No

Did you know what pulses were before today? \*

Yes

No

**Submit** [Clear form](#)

Pumpkin Parfait with Chickpea Granola

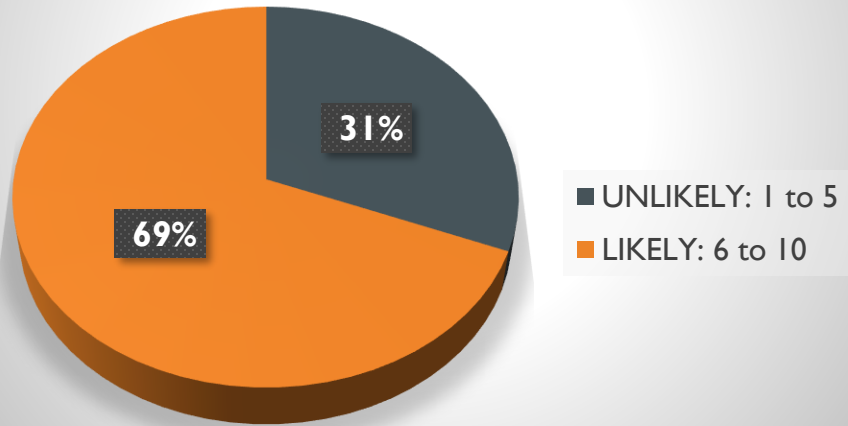


Survey

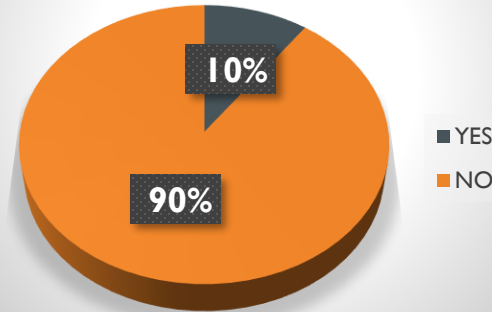
# PUMPKIN PARFAIT WITH CHICKPEA GRANOLA SURVEY RESULTS

- Total Number of Surveys Collected: 39

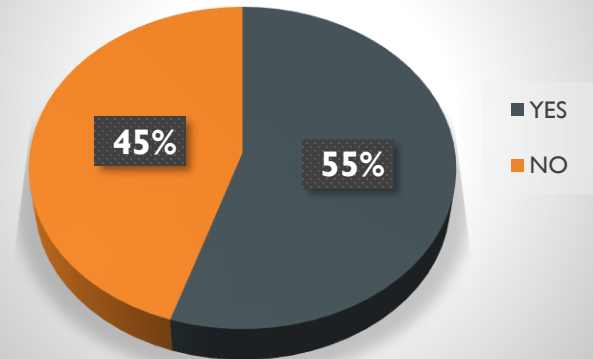
On a scale of 1-10 how likely are you to eat this again?



Did you know what pulses were before today?

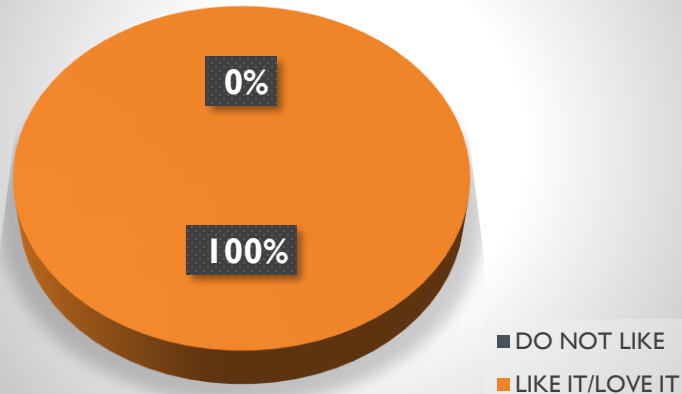


Have you ever had chickpeas before?

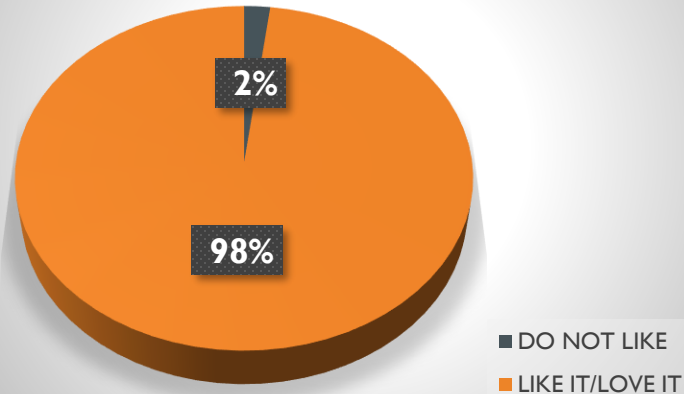


# PUMPKIN PARFAIT WITH CHICKPEA GRANOLA SURVEY RESULTS

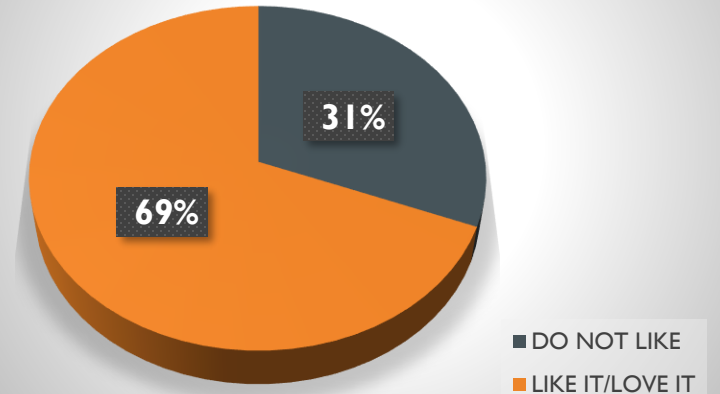
DID YOU LIKE THE WAY THE  
PARFAIT LOOKED?



DID YOU LIKE THE WAY THE  
PARFAIT SMELLED?



DID YOU LIKE THE WAY THE  
PARFAIT TASTED?



# CONSUMER COMMENTS

What was your favorite thing about the dish?

Granola (10 responses)  
Yogurt (9 responses)  
Whip Cream (6 responses)  
Pumpkin (8 responses)

“It smelled great.”

“I liked all of it.” (3 responses)

“Sweetness of pumpkin and whip cream.”

“Presentation and cinnamon flavor.”

What was your least favorite thing about the dish?


Granola (3 responses)  
Yogurt (4 responses)  
Whip Cream (3 responses)  
Pumpkin (7 responses)

“I did not like the texture of the pumpkin with everything else.”

“There needs to be less pumpkin and more yogurt.”

“It needs more granola.”

# CURRIED BLACK EYED PEAS SURVEY



## Curried Black Eyed Peas

We would love to hear your thoughts or feedback on this menu item!

[areynolds@garlandisd.net](mailto:areynolds@garlandisd.net) (not shared) [Switch account](#)

\* Required

On a scale from 1 to 10, how likely are you to eat this dish again? \*

1 2 3 4 5 6 7 8 9 10

Not likely at all            I would definitely eat this again!

What was your favorite thing about this dish? \*

Your answer

What was your least favorite thing about this dish? \*

Your answer

Do not like it Like it Love it!

Do you like how the dish looks?

Do you like how the dish smells?

Do you like how the dish tastes?

Did you know what pulses were before today? \*

Yes

No

Is this your first time trying a pulse (bean, chickpea, lentil, split pea)? \*

Yes

No

How likely are you to try something with pulses again? \*

Choose

Submit Clear form

Curried Black  
Eyed Peas

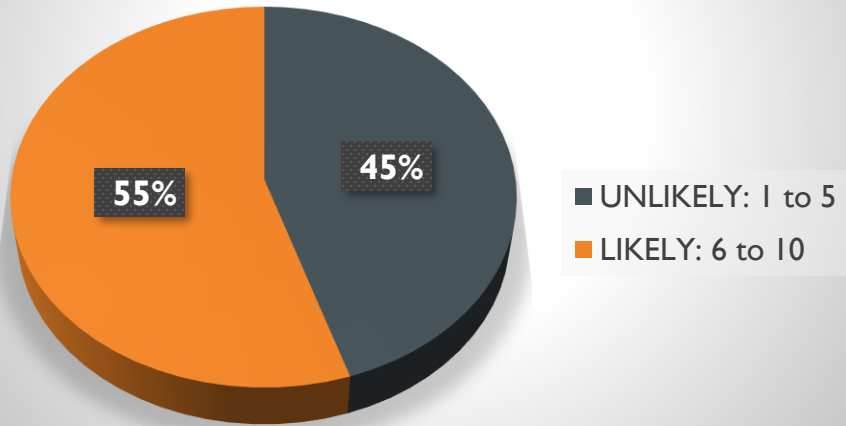


Survey

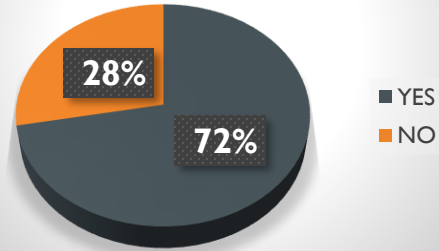
# CURRIED BLACK EYED PEA SURVEY RESULTS

- Total Number of Surveys Collected: 53

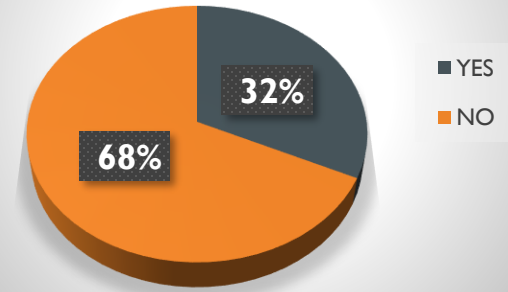
On a scale of 1-10 how likely are you to eat this again?



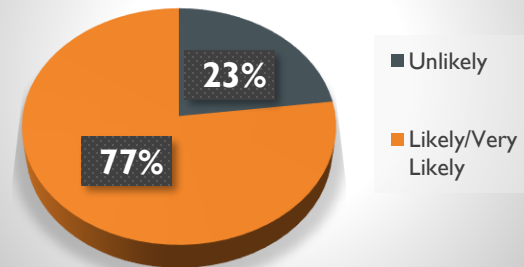
Did you know what pulses were before today?



Is this your first time trying a pulse (bean, chickpea, lentil, split pea)?



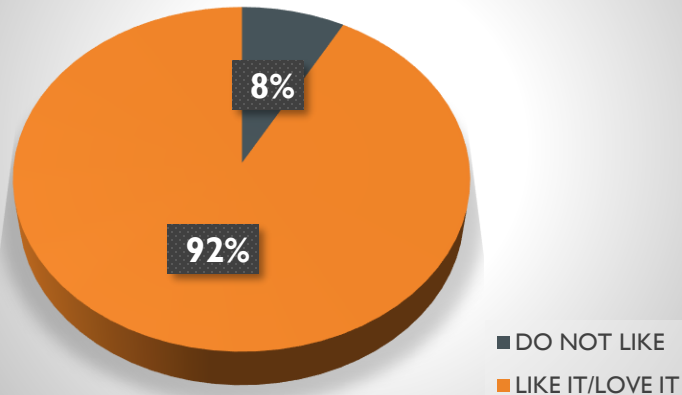
How likely are you to try something with pulses again?



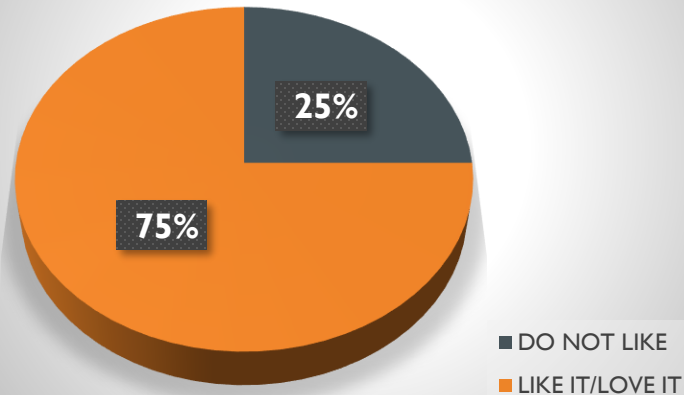


# CURRIED BLACK EYED PEAS SURVEY RESULTS

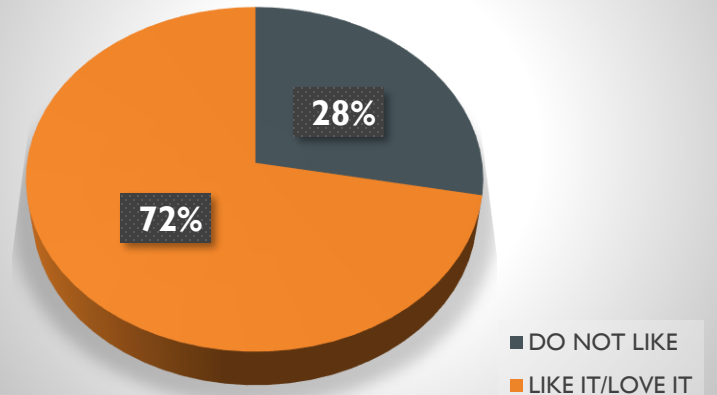
Do you like how the dish looks?



Do you like how the dish smells?



Do you like the way the dish tastes?



# CONSUMER COMMENTS

## What was your favorite thing about the dish?

The beans (6 responses)

The flavor

The tangy sauce it was in

The spiciness

Texture of beans (3 responses)

I liked the flavor of it!

The peas were soft

It's vegetarian, and it tastes good.

I liked the flavor of this dish, and I like that it's vegetarian.

The curry

Peppers

It tasted somewhat sweet, I liked that curry spice too.

The veggies and broth. was bursting with flavor similar to dressing.

It was tasty

It was creamy

Overall flavor

The sauce

The smell and taste

All of it!

The seasoning

The creaminess

The fun presentation

## What was your least favorite thing about the dish?

Nothing, it's not bad just not my favorite.

The seasoning needs salt. (7 responses)

The crunch from the onions.

Beans needed to be a little softer.

Needs more spice.

The look was not super appetizing.

Bit too mushy but still good.

I didn't like the texture.


It taste like bell peppers.

Consistency was weird.

Tastes great but I didn't like the color. (3 responses)

There were too many onions. (6 responses)

# LENTIL STREET TACOS SURVEY



## Lentil Street Tacos

How do you like our new menu addition?

[areynolds@garlandisd.net](mailto:areynolds@garlandisd.net) (not shared) [Switch account](#)

\* Required

Have you ever heard of pulses before (lentil, chickpea, bean, split pea)? \*

Yes

No

Maybe

On a scale of 1-10, how did you like the lentil street taco? \*

1 2 3 4 5 6 7 8 9 10

Would you recommend this menu item to your friend? \*

I don't know

Maybe!

YES!

No...

What is your favorite thing about the lentil street taco? \*

Your answer \_\_\_\_\_

How Important is it to you to have additional vegetarian options? \*

Very Important

Important

Not Important

Please Respond to Each: \*

	I don't like it!	I like it!	I love it!
Do you like how the lentil tacos look?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you like how the lentil tacos smell?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you like how the lentil tacos taste?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Are you more likely to try foods with pulses now?

Yes

No

Maybe

[Submit](#) [Clear form](#)

Lentil Street Tacos

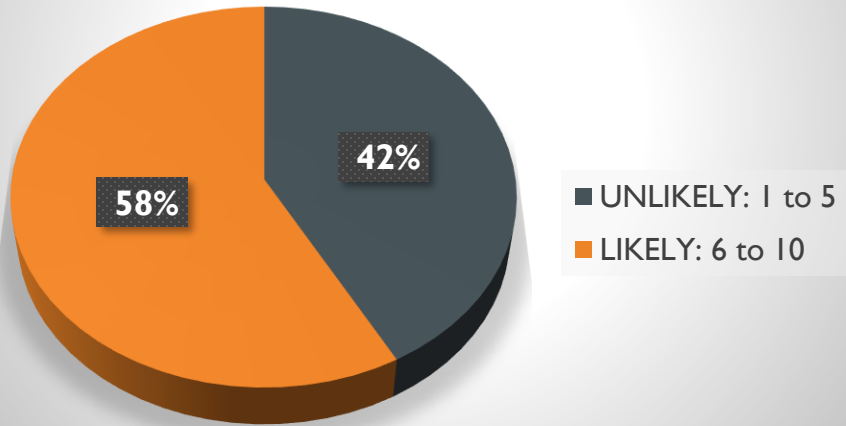


Survey

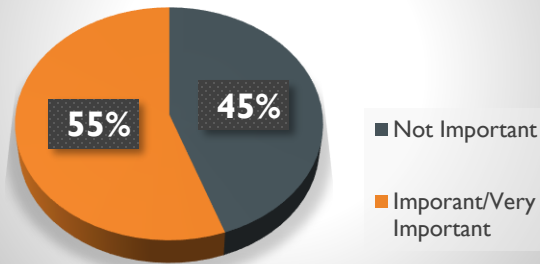
# LENTIL STREET TACOS SURVEY RESULTS

- Total Number of Surveys Collected: 40

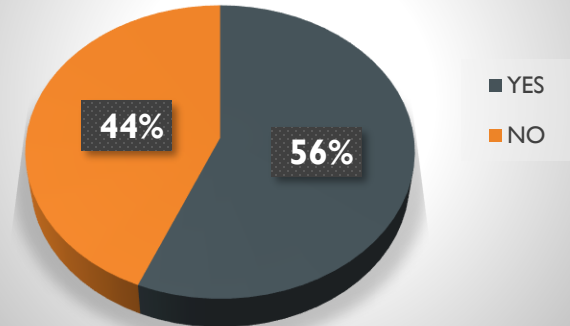
On a scale of 1-10 how likely are you to eat this again?



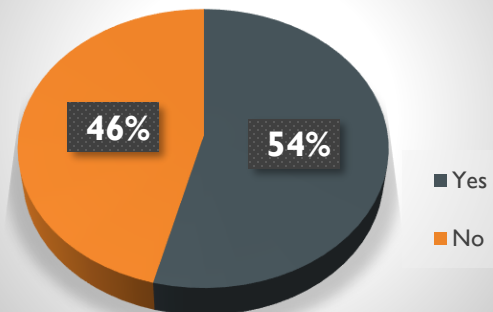
How important is it to you to have additional vegetarian options?



Have you ever heard of pulses before?

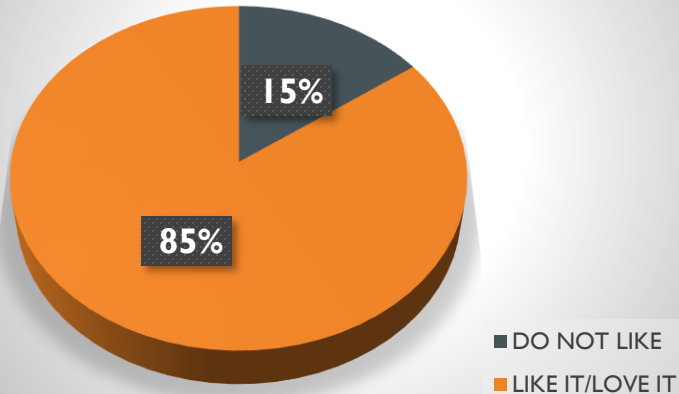


Are you more likely to try foods with pulses now?

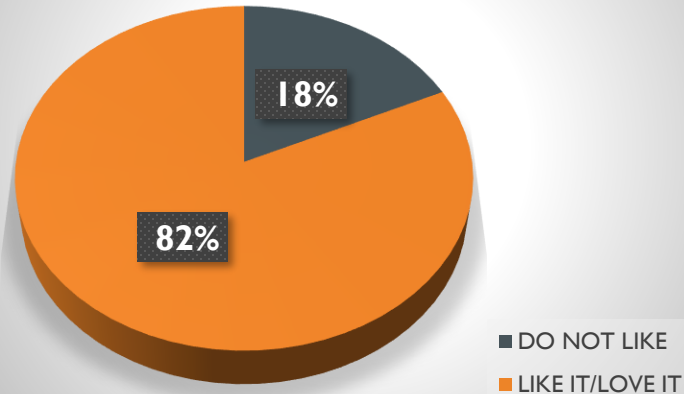


# LENTIL STREET TACOS SURVEY RESULTS

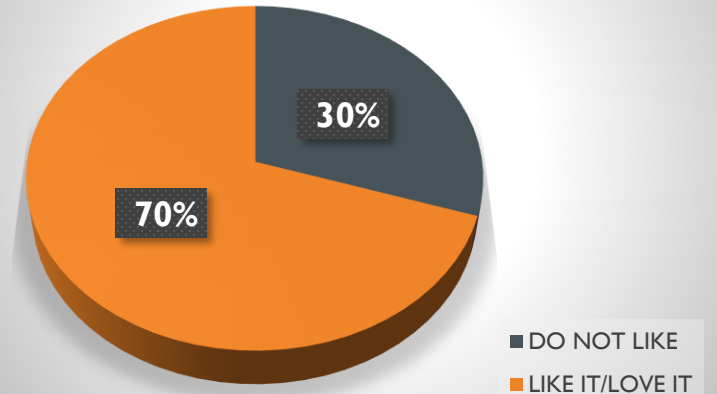
DID YOU LIKE THE WAY THEY  
LOOKED?



DID YOU LIKE THE WAY THEY  
SMELLED?



DID YOU LIKE THE WAY THEY  
TASTED?



# CONSUMER COMMENTS

## What is your favorite thing about the lentil street tacos?

The lentils (2 responses)

The cilantro sauce (9 responses)

Corn (4 responses)

Onions (8 responses)

The toppings . Change to meat?

I loved the sauces put on it

Everything

It all tasted good together

It taste good

I like the flavor of the taco, and I also like that it's vegetarian.

The onion needs more lime and some cilantro.

I like the flavor

I didn't really like it

The flavors

Everything was good.

The tortilla, sauce, and how it's vegetarian

# STAFF PULSES SURVEY



## Pulses Staff Feedback

We would love to hear your thoughts or feedback on these menu items!

If you tried the menu item, how did you like it? \*

	Did not like it	Liked it	Loved it	Did not try it
Pumpkin Parfait wi...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Curried Black Eyed ...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lentil Street Tacos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What comments do you have about these menu items? \*

Long answer text

On a scale from 1 to 10, how easy was it to cook with pulses? \*

1 2 3 4 5 6 7 8 9 10

Very Easy           Very Difficult

Would you be excited to make this dish again for the students? \*

	Not excited	Neutral	Excited
Pumpkin Parfait with Chi...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Curried Black Eyed Peas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lentil Street Tacos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How did you encourage the students to try these dishes? \*

Long answer text

What feedback did you hear from the students about these dishes? \*

Long answer text

Would you make these dishes for your family? \*

	Yes	No	Maybe
Pumpkin Parfait with Chi...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Curried Black Eyed Peas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lentil Street Tacos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Pulses Staff Feedback



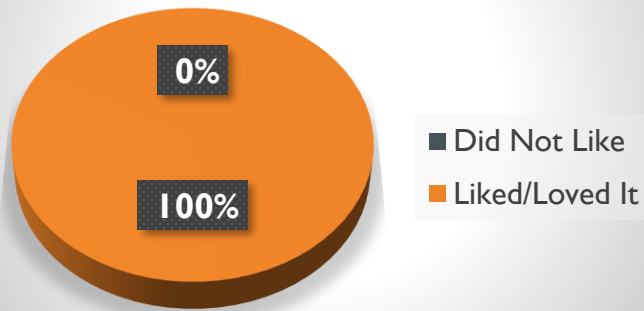
Survey

# STAFF PULSES SURVEY RESULTS

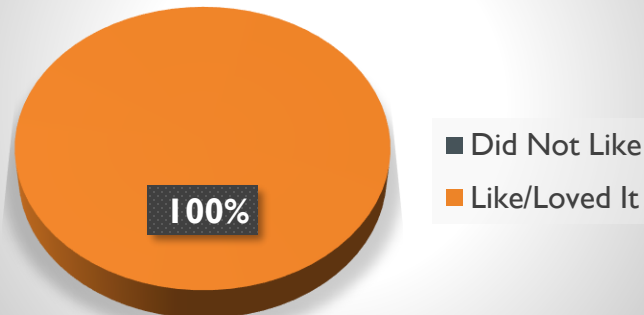
- Total Number of Surveys Collected: 3

After trying all of the menu items, how did you like them?

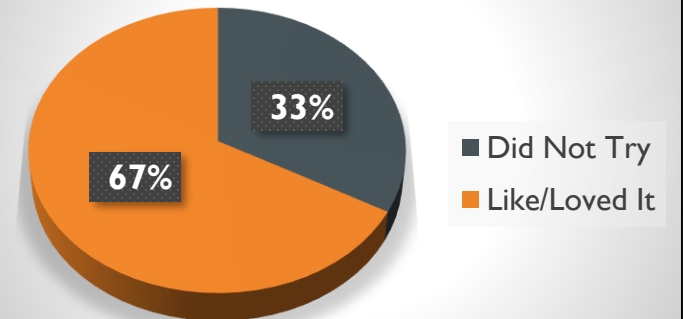
## Pumpkin Parfait with Chickpea Granola



## Curried Black Eyed Peas



## Lentil Street Tacos

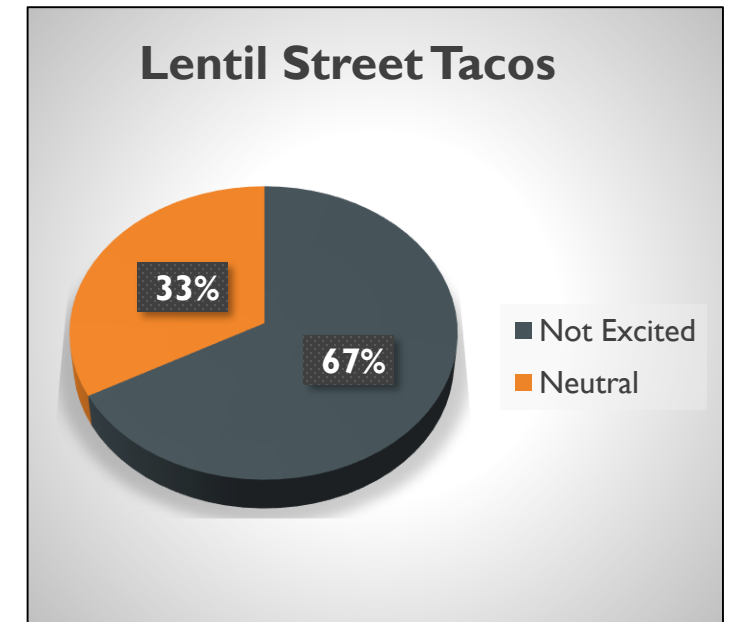
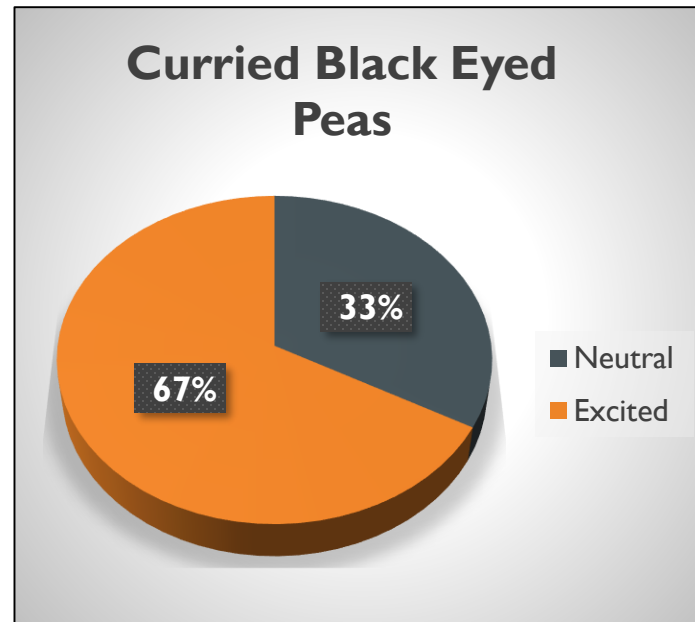
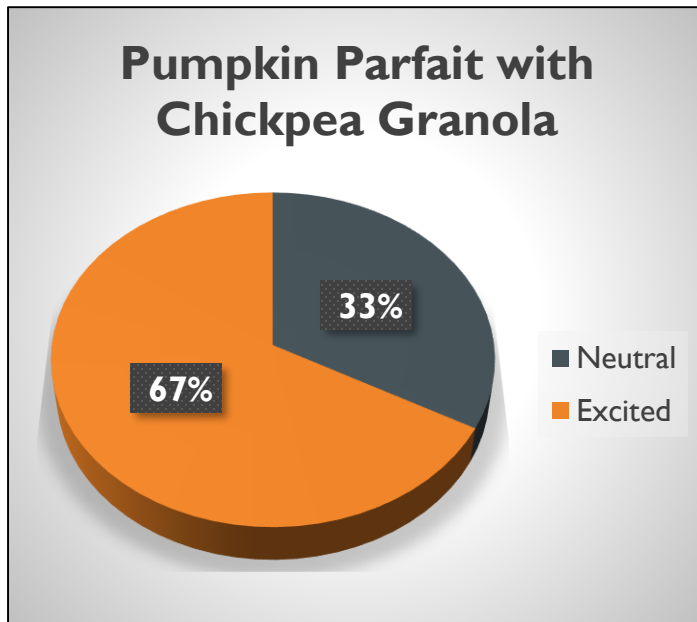




# STAFF PULSES SURVEY RESULTS

- Total Number of Surveys Collected: 3

Would you be excited to make this dish again for the students?

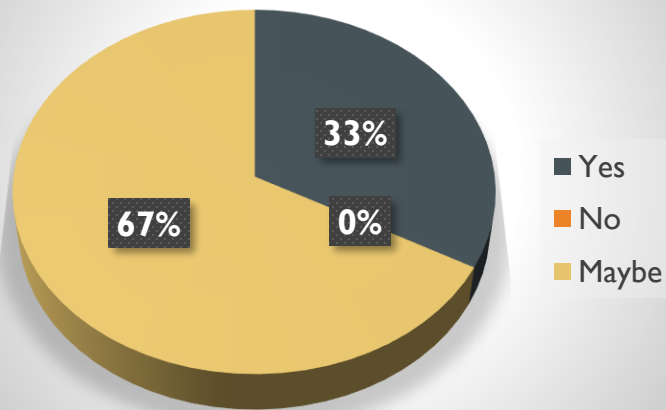


# STAFF PULSES SURVEY RESULTS

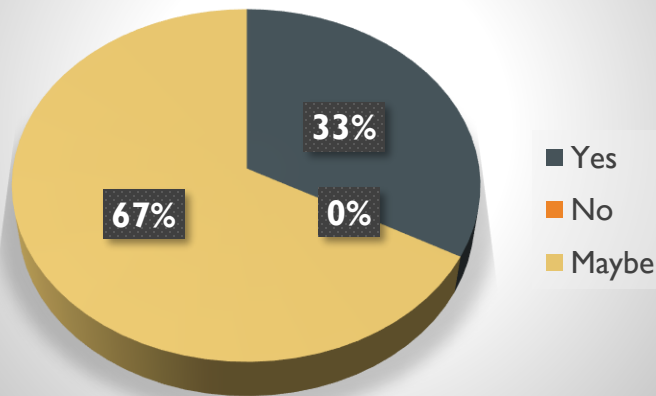
- Total Number of Surveys Collected: 3

Would you make these dishes for your family?

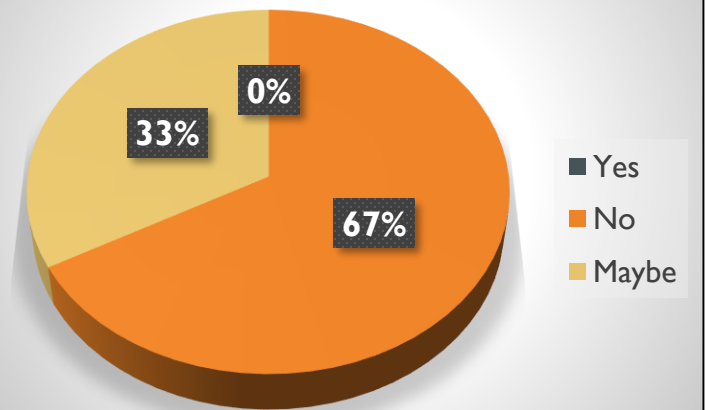
## Pumpkin Pie Parfait



## Curried Black Eyed Peas



## Lentil Street Tacos



# STAFF COMMENTS

On a scale from 1-10 (1 being the easiest) how easy was it to cook with pulses?

- **All 3 responses were a 3 out of 10**

What feedback did you hear from students?

- Positive mostly, they liked the granola not as excited about the lentil filling.
- Overall positive responses
- Too much pumpkin, granola was good

How did you encourage the students to try these dishes?

- Telling them about the different parts of the dish.
- Offering samples after trying the dishes.
- Offering samples.

What comments do you have about these menu items?

- The granola was really good. Kids won't eat the tacos.
- Students are not likely to take lentil taco on the menu.
- Pumpkin need sweetness. Lentil tacos did not sound good to me.

# PICTURES



# ACKNOWLEDGMENTS

A Big Thanks To.....

The menu operations team and Student Nutrition Services Department would like to thank the Lakeview Centennial High School staff, USA Pulses and the CIA Healthy Kids Collaborative for their partnership and assistance with this test.

