Cowpea (*Vigna unguiculata* L. Walp), a renewed multipurpose crop for a more sustainable agri-food system: Nutritional advantages and constrains

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The growing awareness related to the relevance of food composition for human health has increased the interest of the inclusion of high proportions of fruits and vegetables in diets. To reach the objective of more balanced diet, an increased consumption of legumes, which constitutes a sustainable source of essential nutrients, particularly low-cost protein, is of special relevance. However, the consumption of legumes also entails some constraints that need to be addressed to avoid a deleterious impact on consumers’ wellbeing and health. The value of legumes as a source of nutrients depends on a plethora of factors, including genetic features, agro-climatic conditions, and postharvest management that modulate the dietary effect of edible seeds and vegetative material. Thus, more comprehensive information regarding composition, especially their nutritional and anti-nutritional compounds, digestibility, and alternative processing procedures are essential. These challenges were addressed recently by our research group that has developed passionate work on the establishment of the nutritional and anti-nutritional composition of *Vigna unguiculata* L. Walp, an emerging crop all over the world intended to provide a rational support for the development of valuable foods and feeds of increased commercial value.

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