

CHICKPEAS (GARBANZO BEANS)

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

CHARACTERISTICS

- Chickpeas are a type of legume and can be eaten as a vegetable or protein. They have a nutty flavor and a mildly grainy texture
- They are a great source of zinc, selenium, and iron
- 1 cup of cooked chickpeas contains:
 - 21% of your daily recommended value of protein to build bones, muscles, cartilage, skin, and blood
 - 34% of your daily recommended value of dietary fiber to keep you full and help lower cholesterol and blood pressure



PREPARE

Canned chickpeas:

Drain and rinse canned chickpeas before using. Canned chickpeas are fully cooked and safe to eat without further cooking. They can be heated in the microwave, on the stovetop, or as part of a recipe.

Try chickpeas:

- *Tossed* with a salad
- *Stirred* into soup or pasta dishes
- *Roasted* and seasoned for a protein-packed snack

Dry chickpeas:

Bring a large pot of water and the beans to a boil for 5 minutes. Remove from heat and let soak for 1 hour. Drain and rinse the beans before cooking. Combine 1qt of water per 1 cup of beans to a pot and bring to a boil. Reduce to simmer for about an hour or until tender. Drain and cool.

STORE

- Refrigerator: Place in a covered airtight containers or Ziploc bag with liquid for about 4 days.
- Freezer: Drain liquid and dry completely. Lay flat in a Ziploc bag and freeze up to 1 year.