



From the Food Bank Kitchen

All About Chickpeas

Garbanzo beans (commonly called chickpeas) are a great, inexpensive, and easy-to-use protein option for many meals or side dishes. Chickpeas are used around the world, including in the Mediterranean, Asia, Australia, and the U.S. They are especially common in many Indian dishes, acting as a main protein source in Indian cuisine. Look for canned or dried chickpeas at your local supermarket or food pantry.

Health Benefits of Chickpeas

- Protein packed:** Chickpeas are high in lean protein. With 6 grams of protein in a 1/2 cup serving and only 2 grams of fat, chickpeas are an easy way to add extra vegetarian protein into your diet. This is helpful for those who follow a heart healthy diet, and goes along with dietary guidelines which recommend increasing our intake of plant based proteins.
- Full of fiber:** Along with being high in protein, chickpeas are also high in fiber. A 1/2 cup serving contains about 6 grams of dietary fiber, which is great for promoting a healthy digestive system as well as keeping blood sugar levels normal.

How to prepare chickpeas

Chickpeas can be purchased dried or canned. If purchasing canned chickpeas, try to choose ones that say “no salt added” in order to reduce the amount of sodium; otherwise, rinse chickpeas through a colander to reduce the sodium content by half.

“How can I fit chickpeas into my diet?”

Chickpeas can be cooked a variety of ways and added into many types of dishes— from burgers and hummus spreads all the way to desserts such as brownie alternatives. Top a salad with chickpeas, combine with tomatoes, add them to rice or pasta dishes, or roast them to create a crunchy and savory snack. See recipes below for some ideas.

A great bang for your buck

Chickpeas are inexpensive. The current price of a 15 ounce can of chickpeas at Stop & Shop is 69¢, while a 16 ounce package of dry chickpeas is \$1.25. A more detailed breakdown on price is provided below, to help you decide which option works best. If you have the time to soak and cook dry chickpeas, you’ll save some money as well as decrease sodium — but the canned variety require almost no prep time and are very convenient.

15 oz Canned Chickpeas

Cost	\$0.69
Amount	1 ½ cups
Calculated unit price	\$0.46 per cup

16 oz Dry Chickpeas

Cost (per pound)	\$1.25
Quantity (cooked volume)	6 cups
Calculated unit price	\$0.21 per cup

How to prepare dry chickpeas

Place in a large bowl and cover completely with cold water. Allow to soak overnight about 12 hours. Once beans are done soaking, rinse well and place in a large pot. Cover with 2 to 3 inches with cold water, place over high heat and bring to a boil. Lower heat and simmer covered, until softened, about 1½ hours. Taste to make sure they are tender to your liking.

Peanut Butter Hummus

6 servings

Source: <http://mideastfood.about.com>

- 1 (15 oz) can chickpeas
- 4 Tbsp smooth peanut butter
- Juice squeezed from one lemon
- ¼ tsp salt and pinch of pepper
- 2 Tbsp water or milk
- 1 clove garlic

- 2 Tbsp olive oil
- ½-1 tsp ground cumin (optional)

Nutrition Facts per quarter cup serving: Calories 180, Fat 11 gm, Saturated Fat 2 gm, Sodium 320 mg, Carbohydrate 16 gm, Fiber 4 gm, Protein 6 gm

Directions: Open the can of beans, pour into a colander and lightly rinse. Put the beans into a food processor if you have one, or mash them well with a fork or potato masher. Mix in lemon juice, garlic, olive oil, peanut butter, water or milk, and spices, and process until it forms a paste. Add more water or milk one tablespoon at a time if mixture is too thick. Add more lemon juice to taste. Serve with pita bread, crackers or raw vegetables.

Chickpea Garden Burger

4 servings

Adapted from vrg.org

- 1 (15 oz) can chickpeas, drained and rinsed
- 1 stalk celery, finely chopped
- ¼ small onion, finely chopped
- 1 carrot, grated or finely chopped
- ¼ cup flour

- 2 gloves garlic, chopped
- Salt and pepper to taste

Nutrition Facts: Calories 170, Fat 4 gm, Sodium 50 mg, Carbohydrate 27 gm, Fiber 6 gm, Protein 7 gm

Directions: Coarsely mash chickpeas with a fork or masher. If easier, place in a clean plastic bag and mash with hands until smooth. Add remaining ingredients except oil and mix well in a bowl. Form into 4 patties. Heat oil in large skillet and cook over medium heat until brown. Flip over and brown other side. Serve on a lightly toasted bun with your favorite toppings.

Spicy Roasted Chickpeas

4 servings

Source: anediblemosaic.com

- 1 (15.5 oz) can chickpeas, rinsed and drained
- 1 Tbsp olive or canola oil
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp salt

- ½ tsp cumin
- ½ tsp coriander
- ½ tsp paprika (you can use sweet, hot, or smoked)

Nutrition Facts: Calories 140, Fat 5 gm, Sodium 300 mg, Carbohydrate 20 gm, Fiber 6 gm, Sugars 1 gm, Protein 5 gm

Directions: Preheat oven to 400°F. Line a baking tray with paper towels and pour the drained chickpeas on top. Pat well to dry, then remove the paper towels. Add oil and all spices and toss to completely coat the chickpeas. Spread the chickpeas in an even single layer on the baking tray, and roast until golden and crisp outside, about 35-50 minutes, tossing every 10-15 minutes. Cool slightly, and then serve warm or at room temperature (do not cover them or they will lose their crispness faster). These are best served within about an hour of making them.

Alternate seasoning ideas: Try curry powder, chili powder, rosemary and thyme, oregano, or other spices as desired.

Chickpea, Tomato and Feta Salad

1 serving

Source: Everyday Food

- ¼ c canned chickpeas
- ½ c chopped tomato
- 2 Tbsp crumbled feta cheese
- 1 Tbsp lemon juice
- 2 tsp olive oil

- 1 tsp dried oregano
- Ground pepper

Nutrition Facts: Calories 210, Fat 14 gm, Saturated Fat 4 gm, Sodium 600 mg, Carbohydrate 16 gm, Fiber 4 gm, Sugars 7 gm, Protein 6 gm

Directions: Rinse and drain chickpeas. In a bowl, combine chickpeas with tomatoes, feta, lemon juice, olive oil, oregano, and a pinch of pepper. Suggestion: serve with a tossed green salad and whole grain bread.

Chocolate-Chip Blondies

Gluten-free

16 (squares per 1 pan)

Source: Chocolate Covered Katie

- 1 ½ c chickpeas, rinsed and drained, liquid discarded
- ¾ tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- ¾ c brown sugar

- 2 tsp vanilla extract
- ¼ c quick oats
- ¼ c peanut butter
- ½ c chocolate chips

Nutrition Facts: Calories 120, Fat 4 gm, Saturated Fat 1 gm, Carbohydrate 20 gm, Fiber 2 gm, Sugars 14 gm, Protein 3 gm

Directions: Preheat oven to 350°F. Blend all ingredients (except chips) until very smooth in a food processor (not a blender). Mix in chips, and scoop into a greased 8x8 inch pan. Bake for about 30 minutes. They will look a little undercooked when you take them out, but they will firm up as they cool. Serve for dessert as a healthy alternative to brownies.