

Garbanzo Beans (Chickpeas)

Selection - Choose canned beans labeled "low-sodium" or "no salt added". Dry beans are low in sodium.

Storage - Store dry chickpeas in a closed dish (stays fresh for 18-24 months).

Nutrition - Fiber in chickpeas can help reduce the risk of chronic, or long-lasting, diseases such as heart disease, obesity and diabetes.



3 EASY WAYS TO USE CHICKPEAS

- To use canned chickpeas, drain and rinse the beans. Add beans to soups or salads. Chickpeas can be used in place of chicken or with fish.
- To make hummus, add beans to blender with olive oil, garlic, chili powder and salt. Blend until smooth. Use as a dip for fresh vegetables or as a spread on bread.
- To make roasted chickpeas, add 2 cups of drained beans to a bowl with olive oil. Sprinkle with Italian spice mix and stir. Spread the beans on a baking sheet and bake at 400 degrees for about 20 minutes. Stir beans and bake for about 20 more minutes.



Ingredients

- 1 (15 ounce) can chickpeas, drained and rinsed, or 1 1/2 cups of drained cooked dried beans
- 1/4 cup mayonnaise
- 1/2 tablespoon lemon juice
- 1/2 tablespoon salt
- 1/2 tablespoon black pepper
- 1 teaspoon dried oregano
- 1 teaspoon dried dill
- 1/2 bunch kale, stems removed and roughly chopped
- 1 tablespoon olive oil

Directions

1. In a large mixing bowl, smash chickpeas with fork. Combine smashed chickpeas, mayonnaise, lemon juice, salt, pepper, oregano and dill.
2. In another mixing bowl, add chopped kale, olive oil and one pinch of salt. Toss all together and put on a plate.
3. Top kale with chickpea salad and serve.

