

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 tablespoon oil
- 1 clove garlic, chopped
- 1/2 tablespoon lemon juice
- 1 pound ground turkey
- 1 (14.5 to 16 ounce) can crushed tomatoes
- 1 (15 ounce) can chickpeas, drained and rinsed, or 1 1/2 cups of drained cooked dried beans
- 1 (14.5 ounce) can diced white potatoes
- 4 bay leaves
- 1/2 tablespoon dried oregano
- 1/2 tablespoon dried thyme
- Water
- Salt and pepper
- 3 cups cooked rice (optional), for serving

Directions

1. Heat oil in large pot or saucepan over medium heat. Add garlic, stirring until it begins to brown, about 2-3 minutes. Add ground turkey and cook until browned and crumbled, breaking up with a wooden spoon.
2. Add tomatoes, chickpeas, potatoes, bay leaves, oregano, thyme and a pinch of salt and pepper. Fill empty tomato can with water and pour into pot. Bring ingredients to boil and lower heat to medium-low.
3. Simmer (lightly bubbling) for one hour. Taste and adjust spices, if needed. To serve, remove bay leaves and spoon over rice in bowls.

