

Chickpeas



Health Benefits

- Good source of vitamins and nutrients, and good source of protein.
- Can help lower cholesterol, lower cancer risk and help with digestion.



Storage

Store dried chickpeas at room temperature. Once cooked store in an air tight container in the refrigerator for up to 3 days. You can also freeze and store 1-2 months.

Preparation (dried chickpeas)

Rinse the beans, then soak them for 8 hours or overnight. After soaking the beans, you can cook them. To cook the soaked beans, add them to a large pot, cover the beans with several inches of water, and bring everything to a boil. Reduce the heat and simmer until they reach your desired tenderness, 1 and 1/2 to 2 hours.

Preparation (canned chickpeas)

Rinse well with cold water and drain. This removes excess salt and makes them easier to digest and less gas producing. Because they are already cooked, just add them to your favorite hot or cold dish.

Chickpeas



Roasted chickpea snack mix

Ingredients:

*1 can of dried chickpeas, rinsed and drained (or 1.5 cups cooked chickpeas)
olive oil*



Directions

1. Preheat oven to 425 F. Rinse, drain and dry the chickpeas thoroughly.
2. Remove loose skins. Spread on a parchment paper.
3. Bake for 25 mins, stirring once during roasting.
4. Remove chickpeas from the oven and sprinkle with your choice of seasoning (or simply with salt).
5. Return the seasoned chickpeas to the cookie sheet and bake 5-10 more minutes, until the outside becomes crisp and fragrant.
6. Enjoy immediately as a snack with friends or family.

Servings:4

*Recipe adapted from superhealthykids.com.