

Chickpeas



Chickpeas, also known as garbanzo beans, are a rich source of vitamins, minerals, and fiber, and they're also the main ingredient in hummus! This nutritious legume can act as a great source of protein in vegetarian and vegan dishes. A 1-cup serving of chickpeas offers 14.5 grams of protein, 12.5 grams of fiber, and a significant portion of your daily value of vitamins and minerals like manganese and the B vitamin folate. The protein in chickpeas can help you feel fuller for longer, and the fiber can help aid healthy digestion.

SELECTION & STORAGE:

Chickpeas can be purchased canned, dried, or in ready to eat pre-cooked packages. When selecting canned chickpeas, buy cans that are not dented, cracked, or have bulging lids. For dried and ready to eat chickpeas, ensure the packaging is tightly sealed.

Canned chickpeas can be stored in a cool, dry place for up to 1 year. Dried chickpeas should be used within 1 year, and are best kept in a pantry. Lastly, chickpea pouches should be used or frozen by the date on the pouch. Once opened, keep the pouches refrigerated and consume within 5 days of opening.

RECIPE OF THE MONTH: CHICKPEA SALAD

INGREDIENTS:

- 2 cans (15 ounces each) chickpeas, rinsed and drained, or 3 cups cooked chickpeas
- 1 medium red bell pepper, chopped
- 1 ½ cups chopped fresh flat-leaf parsley (about 1 bunch)
- ½ cup chopped red onion (about ½ small)
- ½ cup chopped celery (about 2 ribs)
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons lemon juice (from 1 to 1 ½ lemons), or more if needed
- 2 cloves garlic, pressed or minced
- ½ teaspoon fine salt
- Freshly ground black pepper, to taste

DIRECTIONS:

1. In a medium bowl, combine all of the ingredients. Toss until combined. Taste and add additional lemon juice, salt, or pepper if necessary.
2. Serve immediately, or chill until you're ready to serve. Leftovers keep well, covered in the refrigerator, for up to 4 days.

