

CHICKPEAS



Fuel Your Family

What are chickpeas?

Chickpeas, also known as garbanzo beans, are apart of the legume family. They are rich in protein, folate, fiber, and iron!



Ways to Enjoy Chickpeas

- Make a hummus spread
- Add to salad, soups, & stews
- Season and roast
- Grind into a paste (with blender or food processor) and use as a condiment

Buying Chickpeas

Chickpeas can be found at your local grocery store in the canned food aisle or with other dried beans, or local food banks and pantries.



Benefits

- Plant-based protein
- Delicious and easy on the wallet
- Protein and fiber in chickpeas keeps you fuller longer
- Dried and canned chickpeas are shelf-stable

For healthy family-friendly recipes visit
[https://www.choosemyplate.gov/myplate](https://www.choosemyplate.gov/myplate-kitchen)
kitchen

Source: <https://www.hsph.harvard.edu/nutritionsource/food-features/chickpeas-garbanzo-beans/>

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