

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.



Chickpeas and Spinach Sauté

Makes 4 Servings

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 yellow onion, chopped
- ☐ 1 clove garlic, minced
- ☐ 1 celery stalk, chopped
- ☐ 1 carrot, chopped
- ☐ 1 (14.5 ounce) can low-sodium diced tomatoes (including liquid)
- ☐ 1 (16 ounce) can low-sodium chickpeas, drained and rinsed
- ☐ 1/4 cup water
- ☐ 1 package (10 ounces) frozen spinach (or fresh spinach)
- ☐ 1 teaspoon fresh lemon juice (or red wine vinegar)
- ☐ 1/4 teaspoon crushed red pepper flakes

Directions

1. Put a pan on the stove on medium-high heat. When the pan is hot, add oil.
2. Add onion, garlic, celery and carrot. Cook about 15 minutes until the mixture is soft and the onions are lightly browned.
3. Raise the heat to high and add the tomatoes, beans and water. Cook for 5 minutes. Lower the heat to low and top the mixture with the spinach (don't worry about stirring). Cover and cook until the spinach has thawed and heated throughout, about 10 minutes. Stir well.
4. Add the lemon juice and red pepper flakes and stir thoroughly.
5. Serve with cooked quinoa or brown rice.

Recipe from: MyPlate Kitchen

<https://www.choosemyplate.gov/recipes/myplate-cnpp/chickpeas-and-spinach-saut>

