

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.



Baked Salmon Chickpea Patties

Makes 8 Servings

Ingredients

- ☐ 1 cup canned chickpeas, drained and rinsed
- ☐ 1 egg
- ☐ 1 (5 ounce) can salmon, drained
- ☐ 1/4 cup breadcrumbs
- ☐ 1/2 cup plain Greek yogurt
- ☐ 1 teaspoon white vinegar
- ☐ 1 teaspoon dijon mustard
- ☐ 1/2 teaspoon garlic powder
- ☐ 1/2 teaspoon dried dill
- ☐ 1/2 teaspoon paprika
- ☐ Salt and pepper, to taste

Directions

1. Preheat the oven to 400 degrees. Lightly grease a baking sheet and set aside.
2. Place the chickpeas in a zip-top bag. Using a heavy pan, mash chickpeas in the bag. Once the chickpeas are smooth and only have small lumps, set aside.
3. In a medium mixing bowl, lightly beat 1 egg. Add mashed chickpeas. If the canned salmon has bones, remove them. Add the salmon and the rest of the ingredients.
4. Stir with a fork, breaking up the salmon.
5. With a 1/3 measuring cup, measure out 8 patties, shaping with your hands, to about 1/2 inch thick.
6. Place on a baking sheet for 10 minutes. Flip the patties and cook for 10 more minutes.

