W 1115

Cooking with Chickpeas

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Chickpeas, also called garbanzo beans, are a delicious plant protein. Chickpeas provide protein and other nutrients like fiber, potassium and folate. Chickpeas are commonly found in Mediterranean dishes and are used to make dishes like hummus and falafel. Chickpeas can be added to a variety of dishes like salads, soups or pasta to add extra protein, nutrients and flavor. Use this publication to try a variety of chickpea dishes. Experiment by adding chickpeas to your own favorite recipes.

Cooking with Dried Chickpeas

Dried chickpeas are an affordable and nutritious choice to stock in your pantry. To cook dried chickpeas, follow these steps:



1. In a medium bowl, add the chickpeas and water so that the water is about 2 inches above the chickpeas. Allow the chickpeas to soak overnight or at least 2 hours. If you're in a hurry, you can try a quick soaking method by adding the chickpeas to a stockpot and covering with water until the water is about 2 inches above the chickpeas. Over medium heat, allow the chickpeas to boil for about 2 minutes.

2. After soaking, drain and rinse the chickpeas. Look for and remove any debris like small stones that may be present.

3. Add the chickpeas to a stockpot and cover with fresh water until the water is about 2 inches above the chickpeas.

4. Add about ¼ teaspoon of oil and other seasonings, like onions, garlic, black pepper, sage or rosemary. Simmer until the chickpeas are tender, about 2 ½ to 4 hours. Avoid a rapid boil so that the chickpeas do not breakdown while cooking.

Crunchy Baked Chickpeas

Serves: 8
Serving Size: ¼ cup

What you need:

- 2 15.5-ounce low-sodium garbanzo beans (chickpeas), rinsed and drained
- 2 tablespoons olive oil
- ½ teaspoon garlic powder
- ½ teaspoon chili powder
- ⅛ teaspoon salt

What to do:

- Wash your hands with soap and water.
- Preheat the oven to 350 F.
- Drain and rinse the chickpeas.
- Place the chickpeas on a sheet tray and pat dry to remove excess water.
- Add olive oil to the chickpeas and stir well making sure the chickpeas are evenly coated with oil.
- Roast the chickpeas for 30-40 minutes or until crisp, stirring every 10 minutes.
- Remove the chickpeas from the oven. In a medium bowl, toss the chickpeas with the garlic powder, chili powder and salt until the chickpeas are evenly coated.
- Enjoy the chickpeas for a crunchy snack or add them to salads or pasta dishes for extra crunch. The chickpeas are best served right away but can be stored in an air-tight container for 1-2 days.

Nutrition Information per Serving: Calories: 130; Total Fat: 6g; Saturated Fat: 1g; Total Carbohydrates: 15g; Fiber: 5g; Total Sugars: 3g; Added Sugar: 0g; Protein: 6g; Calcium: 40mg; Vitamin D: 0 mcg; Potassium: 167mg; Iron: 1mg; Sodium: 189mg

Curry Spiced Chickpeas

Serves: 4
Serving Size: 1 cup

What you need:

- ½ medium onion, diced
- 2 garlic cloves, minced garlic
- 1 15.5-ounce can low sodium diced tomatoes
- 2 15.5-ounce cans low sodium chickpeas (garbanzo beans), drained and rinsed
- ¾ cup unsweetened coconut milk
- 1 teaspoon curry powder
- 1 teaspoon garam masala*
- ¼ teaspoon black pepper
- 1 tablespoon honey

What to do:

- Wash your hands with soap and water.
- In a medium pan, heat the olive oil over medium heat. Add the onion and garlic and sauté until the onion is translucent, about 5 minutes.
- Add the diced tomatoes, chickpeas, curry powder, garam masala, black pepper and honey to the pan and stir to combine.
- Simmer the mixture over medium low heat for about 10 minutes.
- Enjoy the dish by itself or serve over white, brown or basmati rice.

*Garam masala is a warm spice blend that adds a punch of flavor to soups and stews, mixed dishes, meats, poultry and vegetables. Garam masala orignates in India, and masala refers to spice mixtures in traditional Indian cuisine. Garam masala is a blend of spices like cardamom, cinnamon, cloves and black pepper. If you do not have garam masala on hand, you may be able to find it at your local grocery store, at a specialty food store or you could order it online. You can substitute 1 teaspoon of curry powder for the 1 teaspoon of garam masala in this dish or experiment with adding cardamom, black pepper cinnamon, cumin, cloves, paprika and other spices to suit your taste.

Nutrition Information per Serving: Calories: 228; Total Fat: 4g; Saturated Fat: 1g; Total Carbohydrates: 39 g; Fiber: 10g; Total Sugars: 11g; Added Sugar: 4g; Protein: 10g; Calcium: 83mg; Vitamin D: 0 mcg; Potassium: 392 mg; Iron: 2mg; Sodium: 536 mg

Colorful Chickpea Salad

Serves: 9
Serving Size: ½ cup

What you need:

- 12 15.5-ounce cans low sodium chickpeas (garbanzo beans), rinsed and drained
- ½ red onion, diced
- 1 medium red bell pepper, diced
- 2 celery stalks, diced
- ¼ cup olive oil
- ¼ cup red wine vinegar
- ¼ teaspoon black pepper
- 2 garlic cloves, finely diced

What to do:

- Wash your hands with soap and water.
- In a medium bowl, combine the drained chickpeas, red onion, red bell pepper and celery.
- In a small bowl, add the red wine vinegar, black pepper and garlic cloves. Drizzle in the olive oil and whisk to combine.
- Pour the vinaigrette mixture over the chickpea mix and toss to evenly coat the beans.

Nutrition Information per Serving: Calories: 147; Total Fat: 8g; Saturated Fat: 1g; Total Carbohydrates: 17g; Fiber: 5g; Total Sugars: 3g; Added Sugar: 0g; Protein: 6g; Calcium: 38mg; Vitamin D: 0 mcg; Potassium: 283mg; Iron: 2mg; Sodium: 144mg

Creamy Hummus Dip

Serves: 16
Serving Size: 2 tablespoons

What you need:

- 12 ounces silken tofu, drained if needed
- 1 15.5-ounce can low sodium chickpeas (garbanzo beans), drained and rinsed
- 3 tablespoons olive oil
- 3 tablespoons lemon juice
- ½ teaspoon black pepper
- ¼ cup teaspoon salt

What to do:

- Wash your hands with soap and water.
- In a food processor high speed blender, puree the tofu until creamy and the mixture is without lumps.
- Add the drained chickpeas and puree until the mixture is smooth.
- Add the olive oil, lemon juice, black pepper and salt and puree until combined.
- Enjoy this recipe as a dip for fresh vegetables or whole grain crackers. Hummus is a great addition to a sandwich or wrap. Experiment with additional flavors by adding roasted garlic, roasted red peppers, cumin and other flavorings

Nutrition Information per Serving: Calories: 58; Total Fat: 4g; Saturated Fat: 0.5g; Total Carbohydrates: 4g; Fiber: 1g; Total Sugars: 1g; Added Sugar: 0g; Protein: 2g; Calcium: 26mg; Vitamin D: 0mcg; Potassium: 44mg; Iron: 1mg; Sodium: 74mg

Baked Falafel

Serves: 6
Serving Size: 2 falafels

What you need:

- 2 15.5-ounce can low sodium chickpeas (garbanzo beans), drained and rinsed
- ½ red onion, diced
- 5 cloves garlic, diced
- ½ cup scrubbed and chopped cilantro
- ¼ cup scrubbed and chopped parsley
- 2 tablespoons olive oil
- 2 ½ tablespoons lemon juice
- 2 teaspoons cumin
- 2 teaspoons coriander
- ¼ teaspoon black pepper
- ¼ cup all-purpose flour
- 2 teaspoons baking powder
- Non-stick spray

What to do:

- Wash your hands with soap and water.
- Heat the oven to 375 F.
- In a food processor, add the chickpeas, red onion, garlic, cilantro, parsley, olive oil, lemon juice, cumin, coriander and black pepper. Puree until the chickpeas are chopped and ingredients are combined.
- Add the all-purpose flour and baking powder to the chickpea mixture. Combine ingredients until the chickpeas and red onion are in very small pieces.
- Spray a baking sheet with non-stick spray.
- Scoop ¼ cup of chickpea mixture and form the mixture into a rough ball in your hand. Place the ball on the baking sheet and press into a patty shape. Repeat with the remaining chickpea mixture. If the falafels crack, carefully reform into a patty.
- Bake the falafels for about 15 minutes. Carefully flip the falafels onto the other side. Bake for another 15 minutes, or until the falafel patties reach your desired level of crispness.
- Serve the falafels as a dish by themselves dipped in tzatziki sauce or cucumber Greek yogurt sauce (recipe below), on top of a Greek salad or wrapped in a pita or tortilla along with lettuce, tomato, cucumbers and tzatziki sauce or cucumber Greek yogurt sauce.

Nutrition Information per Serving: Calories: 205; Total Fat: 7g; Saturated Fat: 1g; Total Carbohydrates: 18g; Fiber: 8g; Total Sugars: 4g; Added Sugar: 0g; Protein: 8g; Calcium: 186mg; Vitamin D: 0mcg; Potassium: 275mg; Iron: 3mg; Sodium: 322mg

Cucumber Yogurt Sauce

Serves: 6
Serving Size: 2 tablespoons

What you need:

- 2 cups plain low-fat yogurt
- 2 cucumbers, scrubbed, peeled, seeds removed and grated
- ½ cup non-fat sour cream
- 1 tablespoon lemon juice
- 1 tablespoon dill
- 1 garlic clove, finely chopped

What to do:

- Wash your hands with soap and water.
- In a medium bowl, stir to combine the yogurt, grated cucumbers, sour cream, lemon juice, dill and garlic clove.
- Cover tightly and refrigerate for at least 1 hour.

Nutrition Information per Serving: Calories: 74; Total Fat: 7g; Saturated Fat: 1g; Total Carbohydrates: 10g; Fiber: 0g; Total Sugars: 4g; Added Sugar: 8g; Protein: 5g; Calcium: 172mg; Vitamin D: 0mcg; Potassium: 124mg; Iron: 0mg; Sodium: 70mg

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