

CHICKPEAS

Chickpeas are a good source of protein, fibre and folate. They have a mild nutty flavor and can be used in a variety of dishes as a meat substitute.

Note: One serving of chickpeas = 3/4 cup (175 ml)



HOW TO CHOOSE

- Choose dried chickpeas with smooth skins and without shriveled seed coats.
- Avoid cans of chickpeas that are dented, bulging or leaking.

HOW TO PREPARE

- Dried chickpeas: Soak chickpeas overnight (8 hours or more).
- To cook, use 3 cups (750 mL) water for every cup (250 mL) of soaked chickpeas. On the stove, bring beans and water to a boil and simmer 45 minutes to 60 minutes. In the microwave, heat on high for 10-15 minutes.
- Dried chickpeas that have been soaked overnight and canned chickpeas can both be rinsed and eaten raw or added to a bean salad with vinegar and pepper.

HOW TO STORE

- Tightly sealed containers in a cool, dark and dry area.
- Canned chickpeas can be stored in a cool, dry place (up to 1 year).
- Once cooked, can keep in the fridge for 5 days.

HOW TO FREEZE

- Lay the cooked chickpeas flat in freezer bags or small containers.
- Store cooked chickpeas in the freezer for up to 6 months.

For more information, visit thefoodbank.ca/food

NUTRIENT SPOTLIGHT: FIBRE

Chickpeas are a type of pulse. Compared to brown rice, pulses have 4x more fibre. There are two forms of fibre that we eat. Soluble fibre forms a gel when water is added to it while insoluble fibre is the rough structural parts of plant-based foods.

Soluble Fibre:

- Lowers cholesterol, controls blood sugar

Insoluble Fibre:

- Helps to keep your bowels regular

Research shows fibre may help maintain a healthy weight, lower risk of heart disease and certain cancers.

Sources:

Soluble: apples, oranges, carrots, okra, eggplant, oats, barley, pulses and more.

Insoluble: wheat bran, whole grains, vegetables, fruits and more.

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HUMMUS

Yields 2 1/2 cups of hummus | Prep: 15 mins

Difficulty level: Easy



Note: 1 cup chickpeas yields 2.5 cups of soaked chickpeas.

INGREDIENTS

- 1 can of chickpeas (rinsed and drained) or 2 cups chickpeas (soaked overnight from dry)
- 2 cloves garlic (minced)
- 1 1/2 teaspoons salt
- 5 tablespoons lemon juice
- 1/4 cup water
- 1/3 cup tahini
- 1/4 cup extra-virgin olive oil

INSTRUCTIONS

1. Place the chickpeas, garlic, and salt in a food processor. Process for 15 to 20 seconds.
2. Scrape down the sides of the bowl and process for another 15 to 20 seconds.
3. Add the lemon juice and water. Process for 20 seconds.
4. Add the tahini. Process for 20 seconds and then scrape down the sides of the bowl.
5. With the processor running, drizzle in the olive oil.
6. To serve, transfer the hummus to a bowl.

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Recipe adapted from The Food Network

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