

# 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](http://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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# CHICKPEA CURRY WITH RICE

Serves: 4-6 | Prep: 5 mins | Cook: 30 mins

Difficulty level: Moderate



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

## INGREDIENTS

- 2 cups rice
- 2 Tbsp vegetable oil
- 1 large onion (chopped)
- Salt and freshly ground black pepper (to taste)
- 2 tsp curry powder
- 2 cloves garlic (chopped)
- 1 cup vegetable stock
- 2 cans chickpeas (rinsed and drained) or 4 cups of chickpeas (soaked overnight from dry)
- 1 can coconut milk
- 2 Tbsp honey

## INSTRUCTIONS

1. Cook the basmati rice according to the package instructions.
2. Heat the oil in a medium skillet over medium-low heat.
3. Add onions, season with salt and pepper and cook until the onions are dark brown, about 10 minutes.
4. Stir in the curry powder and garlic and cook for 30 seconds.
5. Pour in the vegetable stock and stir to scrape up all the brown bits in the pan.
6. Add the chickpeas, coconut milk and honey.
7. Bring to a boil, reduce the heat and simmer for 10 minutes. Taste and adjust the seasoning.
8. Serve the curry over rice.

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*Recipe adapted from The Food Network*

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