

# FRUIT/VEGETABLE OF THE MONTH!

## DECEMBER'S FEATURED VEGGIE IS CHICKPEAS

### CHICKPEAS FACTS:

Chickpeas, also known as garbanzo beans, are part of the same legume family as kidney beans and peanuts. They have a buttery, nutty flavor and grainy texture, which pairs well with other foods and ingredients.

While they have become more popular recently, chickpeas have been grown in Middle Eastern countries for thousands of years.

Today, they are grown in more than fifty countries. India produces more chickpeas than any other country in the world.

Chickpeas are inexpensive and taste great when added to a variety of recipes.

### HEALTH BENEFITS OF EATING CHICKPEAS:

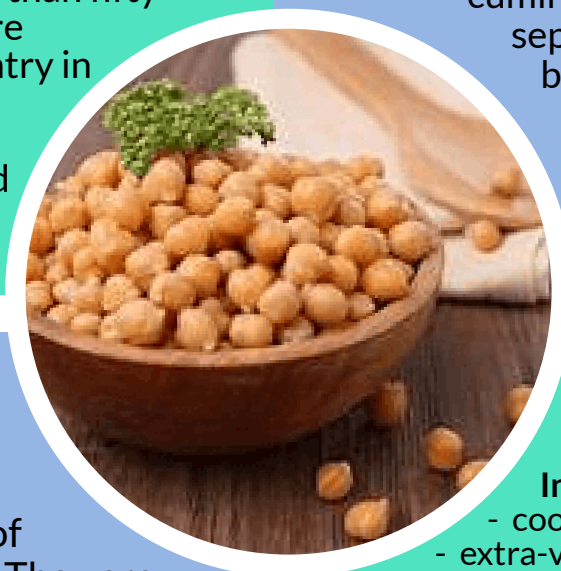
Chickpeas are a rich source of vitamins, minerals and fiber. They are high in protein and make an excellent replacement for meat.

#### Eating chickpeas may:

- Protect against diabetes
- Help control blood sugar
- Help lower cholesterol
- Reduce the risk of heart disease
- Reduce your risk of certain types of cancer
- Help keep your appetite under control
- May help you manage your weight

### WAYS TO ENJOY CHICKPEAS:

- In hummus, a delicious dip that also calls for tahini, lemon juice, and garlic
- Add some canned or roasted chickpeas into a salad to add texture and a nutty flavor
- Use chickpea flour as a baking alternative.
- A gluten free option that adds fiber, protein, vitamins, and minerals
- Include in soups, stews, and salads
- In vegan dishes as an egg substitute
- Make falafel by mashing chickpeas with cumin, garlic, chili, and coriander, separating the mixture into small balls, and frying them until they are crisp



### RECIPE: ROASTED CHICKPEAS

#### Ingredients

- cooked or canned chickpeas
- extra-virgin olive oil
- salt

#### Directions

1. Preheat the oven to 400 and drain and rinse your chickpeas.
2. Spread the chickpeas on a kitchen towel and gently pat them dry. Make sure they're totally dry before you toss them with the olive oil – damp chickpeas won't crisp up in the oven. Discard any loose skins from the outside of the chickpeas.
3. Transfer the chickpeas to a lined baking sheet and toss them with a drizzle of olive oil and generous pinches of sea salt. Spread evenly on the baking sheet.
4. Place the baking sheet to your preheated oven and roast for 20 minutes, or until crispy.
5. Remove from the oven. While the chickpeas are still warm, toss with pinches of your favorite spices.

