

FN1739 (Reviewed May 2019)

Pinchin' Pennie\$ in the Kitchen

Hummus, Roasted Chickpeas and More!

How to Use Chickpeas in Your Recipes

Pulse foods include chickpeas (or garbanzo beans), lentils and split peas. These inexpensive foods provide protein, complex carbohydrates, and several vitamins and minerals. Like other plant-based foods, they contain no cholesterol and little fat. They are an excellent source of fiber and folate, along with many other vitamins and minerals.

Try adding chickpeas to soups, chili and other foods. Try them roasted or make some delicious hummus using the recipes on Page 2 of this handout.



Preparing Chickpeas

Chickpeas are available in grocery stores in different forms, including canned, in plastic bags and/or in bulk. You can find chickpeas (garbanzo beans) with other ready-to-use canned beans. To reduce the sodium content in canned pulse foods, be sure to rinse and drain them in a colander.

Here is how to prepare dry chickpeas.

Remove any small stones, then place the chickpeas in a strainer and rinse with water.

Chickpeas require soaking prior to cooking. The following methods may be used to soak chickpeas:

- Traditional slow soak: Cover 1 pound of chickpeas with 10 cups of water and refrigerate six to eight hours or overnight.
- Hot soak: Bring 10 cups of water to a boil in a large pot, add 1 pound of dry chickpeas and return to a boil. Allow to stand at room temperature for two to three hours.

- Quick soak: Bring 10 cups of water to a boil, then add 1 pound of dry chickpeas. Boil two to three minutes. Allow to stand at room temperature for one hour.

To cook: Drain and rinse chickpeas, then use 2 cups of unsalted water for every cup of chickpeas. Simmer for 1½ to two hours, then use in your favorite recipes.

Yield: 1 cup chickpeas + 2 cups water = about 2 cups of cooked chickpeas.

Tips for the cook:

- To save preparation time, you can precook chickpeas and refrigerate for up to three days before using, or you can freeze them for up to six months.
- **Note:** For ease of preparation, the recipes in this publication call for canned chickpeas; however, soaked/cooked chickpeas can be substituted. By draining and rinsing canned legumes (including chickpeas), you can reduce the amount of sodium they contain by about 40 percent.

See www.ag.ndsu.edu/food for more information and recipes. Click on pulse crops.

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North Dakota State University
Fargo, North Dakota

Julie Garden-Robinson, Ph.D., R.D., L.R.D.
Food and Nutrition Specialist

Key to abbreviations

c. = cup	oz. = ounce
tsp. = teaspoon	g = gram
Tbsp. = tablespoon	mg = milligram

Dessert Hummus

- 1 (15-oz.) can chickpeas, drained and rinsed, or 2 cups cooked
- ¼ c. creamy peanut butter
- ¼ c. maple syrup
- ½ Tbsp. vanilla extract
- ¼ c. mini semisweet chocolate chips

Blend together the chickpeas, peanut butter, maple syrup and vanilla extract by hand or in a blender. Stir chocolate chips into mixture. Serve with fruit or graham crackers.

Makes six servings. Each serving has 190 calories, 8 g fat, 6 g protein, 27 g carbohydrate, 5 g fiber and 75 mg sodium.



Roasted Chickpeas – Italian

- 1 (15-oz.) can chickpeas, drained and rinsed, or 2 cups cooked
- 2 Tbsp. olive oil or canola oil
- ¼ tsp. salt
- ½ tsp. oregano
- ½ tsp. garlic powder
- ½ tsp. crushed red pepper

Preheat oven to 350 F. Line baking sheet with aluminum foil for easy cleanup. Drain and rinse chickpeas and then pat dry with a paper towel. Discard any excess skins that fall off in the washing. In a medium bowl, mix together chickpeas, salt, oregano, garlic powder and crushed red pepper. Spread chickpeas evenly onto a baking sheet. Bake for about 50 to 60 minutes or until the chickpeas reach the desired crunch. Check and move/stir the chickpeas every 10 minutes. Remove from oven and cool completely. Serve.

Makes 10 servings (2 Tbsp. each). Each serving has 80 calories, 3.5 g fat, 3 g protein, 9 g carbohydrate, 0 g fiber and 200 mg sodium.



Savory Hummus

- 1 (15-oz.) can chickpeas, drained and rinsed, or 2 cups cooked
- 4 Tbsp. tahini*
- ¼ c. lemon juice
- 3 cloves crushed garlic
- 1 tsp. salt

Puree chickpeas in blender or food processor. Add remaining ingredients and blend until smooth. The final product should be thick and smooth. Serve with carrot sticks and other vegetables, pita chips or whole-grain crackers. Or use as a spread on sandwiches.

* Tahini is a paste made from ground sesame seeds. You often can find it in the international foods aisle or with the nut butters (peanut, almond, etc.). Try freezing leftover tahini in ice cube trays (about 2 Tbsp. per cube). After the cubes freeze, place in a labeled plastic freezer bag. List the amount of tahini per cube on the freezer bag.

Makes 12 servings. Each serving has 70 calories, 3 g fat, 3 protein, 8 g carbohydrate, 2 g fiber and 200 mg sodium.

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Visit www.northernpulse.com for more information.



For more information about nutrition, food safety and health, visit this website:

www.ag.ndsu.edu/food

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