

# Garbanzo Beans / Chickpeas

Hello Families,

Pick a **better** snack™ is a program from Iowa State University Extension and Outreach Cerro Gordo County. Each month 2<sup>nd</sup> grade students learn about a variety of snacks and healthy living.

To learn more about garbanzo beans / chickpeas, watch Eating Healthy with Michelle – Lesson 14. The video can be found at <https://www.youtube.com/watch?v=h7tvpalgJhQ&feature=youtu.be>.

For more facts and recipes check out:

IDPH Pick a Better Snack <https://idph.iowa.gov/inn/pick-a-better-snack>

Spend Smart. Eat Smart. <https://spendsmart.extension.iastate.edu/>

Happy snacking! – Michelle Schubert

## Facts

- Garbanzo beans and chickpeas are the same thing.
- They can count as a protein serving or a vegetable serving.
- Chickpeas are one of the world's oldest cultivated crops going back 7,000 years ago.
- Chickpeas are a great source of:
  - Protein – make and repairs our cells
  - Fiber – helps our digestive system
  - Iron – give us energy and carries oxygen in our body
  - Potassium – helps our blood pressure and balances fluids in our body for hydration.
  - Folate – may reduce risk of heart disease
  - Zinc – helps our immune system



## How to Pick 'Em

- Chickpeas are available dried, canned, and frozen.
- Canned chickpeas are already cooked but before using drain and rinse them under cold water in a colander or strainer.



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## Try it at Home

- The most popular way to eat chickpeas is as hummus.
- Add chickpeas to soups, salads, salsas, pasta, sandwiches, and wraps.

### After School Hummus

- 1 can (15 ounce) reduce sodium garbanzo beans (chickpeas)
- 2 medium garlic cloves, minced or 1/4 teaspoon garlic powder
- 1 1/2 tablespoons lemon juice
- 1 teaspoon ground cumin
- 1 tablespoon oil (vegetable or olive)
- 1/8 teaspoon ground black pepper
- 1/2 cup plain nonfat yogurt

### Directions:

1. Use a blender or food processor. Combine garbanzo beans, garlic, lemon juice, cumin, oil, and pepper. Blend on low speed until the beans are mashed.
2. Stir in yogurt with a spoon.
3. Refrigerate for several hours or overnight so the flavors blend.
4. Serve with pita chips, crackers, or fresh vegetables.



Recipe from: Spend Smart. Eat Smart.

<https://spendsmart.extension.iastate.edu/recipe/after-school-hummus/>



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