

CHICKPEA



MANGANESE

PROTEIN
& FIBER

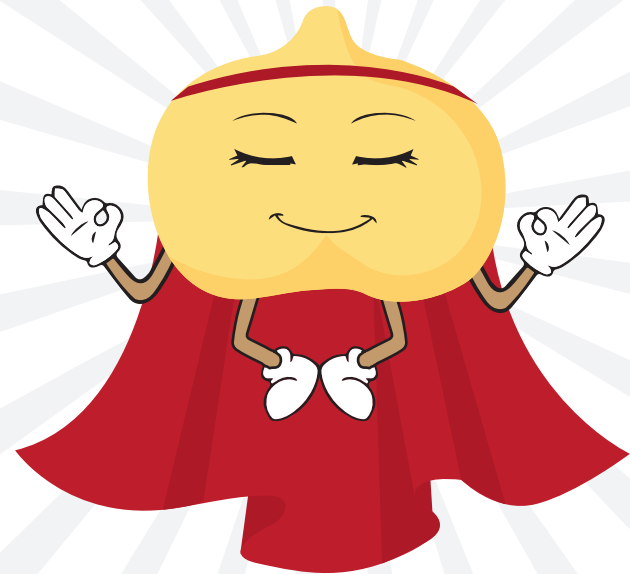


DURHAM FARM AND RURAL FAMILY
RESOURCES IS PROUD TO ANNOUNCE



SNACK ATTACK

*Learn how to create delicious
healthy snacks using*



CHICKPEA

(Also called Garbanzo Bean)

Benefits of Chickpeas

Source of **plant-based Protein** and **Fiber** (mostly soluble-helps support gut health) -this helps to slow digestion down and give the feeling of being full for extended periods.

PROTEIN & FIBER

MANGANESE

74% of your daily value intake of **Manganese** (an essential nutrient)-plays a role in bone development and maintenance.

71% of your daily value intake of **Folate** (prevention of certain birth defects)

FOLATE

PROTECT

Helps protect against diseases such as heart disease and Cancer

LOW GI

Low GI (glycemic Index)-this helps to support blood sugar maintenance

Chickpea Foam Craft

Ingredients

Liquid from 2 cans of chickpeas
¼ tsp Cream of Tartar
Food Colouring

Method:

1. Pour Chickpea liquid into bowl with Cream of Tartar.
2. Mix with by hand or with hand blender until peaks are formed.
3. Add a few drops of food colouring and have fun!

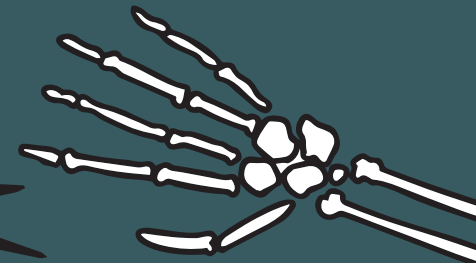


Which Superpowers do you get when you eat these?

Source of Plant Protein, helps build muscles



STRONG BONES



Source of Manganese- Helps build healthy strong bones.

Cookie Dough Hummus



Ingredients

- 1 ½ cup Chickpea (14oz can)
- 1/3rd cup Nut Butter (can use wow butter or other alternatives)
- ¼ cup Maple Syrup (Sugar or honey)
- 2 tsp Vanilla
- ½ tsp salt (omit if using canned with salt)
- 1 pack instant oatmeal
- 1 tbsp ground flax
- ¼ cup chocolate chips

Equipment

- Food Processor
- Hand Masher
- Blender

Method:

1. Combine all ingredients except chocolate chips in food processor or blender *see note about hand masher.
2. Blend until smooth.
3. Sample and add more Maple Syrup if needed.
4. Fold in chocolate chips.

*Hand mashing will create a more textured hummus. Removing the skins by rolling the chickpeas in between two paper towels will help to create a smoother texture.

Prep Method	Pro	Con
Canned	<ul style="list-style-type: none"> • Ready to Use - rinse and use 	<ul style="list-style-type: none"> • Can have sodium added (though unlike other beans sodium can be reduced slightly when rinsed) • Lose some of their nutritional value • Texture/mushy
Dried	<ul style="list-style-type: none"> • Cost effective - maintain more nutritional value 	<ul style="list-style-type: none"> • Longer prep time, more effort

Dried Bean Prep. (Pro-beans maintain their shape and texture)

Soaking

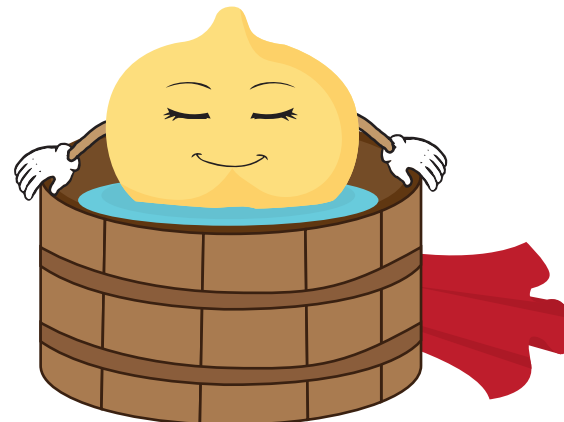
1. -Pick through beans removing debris/damaged beans.
2. Rinse.
3. Place beans in a large enough container to allow for expansion (as beans absorb water, they plump up slightly) cover with at least two inches of water.
4. Soak for 8-24hrs.
5. Rinse until water runs clear.
6. Place in pot filled with clean water, place on simmer for 2hrs.

Quick Soak

1. Put beans in a pot filled with water, bring to a boil for 2min.
2. Remove from heat and allow to sit for 2hrs.
3. Rinse and follow cooking instructions.

Con: This method may cause beans to break apart.

Pro: Having beans break apart is helpful in recipes that you want to “hide” or blend the beans into. This is especially helpful if you do not have a blender and rely on hand mixing.



Chickpea Nuggets

Ingredients

- 12 oz can of chickpea drained
*Reserve Liquid for craft
- ¼ cup minced onion
- ½ Tbsp Italian spice
- 1 Tsp Sea Salt
- 1-2 Garlic cloves minced or sub for ½ tsp garlic powder
- ¼ tsp Smoked Paprika
- 2 Eggs

Equipment

- Food Processor or Blender
- Large Pan

Method:

1. Place all ingredients in the food processor or blender.
2. Mix until combined but not completely smooth, mixture should be wet but scoop-able.
3. Heat oil in pan on md/high.
4. Use ice cream scoop or spoon to portion out mixture into pan.
5. Cook nuggets 3-5, flip and flatten slightly, cook another 3-5 mins.
6. Enjoy with favorite sauce!

- 1 Tsp Oil
- ½ cup oat flour or breadcrumbs of your choice + more for cooking

Additions

- * ½ cup grated zucchini (squished and drained)
- * ½ cup peeled and grated carrot



Crunchy Roasted Chickpeas



Ingredients

- 1 12oz can Chickpeas
- 2 Tbsp Olive Oil
- ½ tsp salt

Spices (Optional)

- Garlic Powder
- Onion Powder
- Smoked Paprika

Method:

1. Spice mix of your choice *garlic powder, onion powder, smoked paprika.
2. Pre-heat oven to 450 degrees.
3. Thoroughly rinse, drain and lay on a paper towel lined plate, pat dry.
4. Combine beans oil and salt.
5. Place chickpeas on lined sheet use two pans if needed to ensure they have enough room.
6. Bake for 30-40 minutes, turning a few times.
7. Directly from the oven, toss beans in spice mixture to coat. Let cool, taste, and add salt.

Equipment

- Parchment paper
- Baking Sheet