What are chickpeas?
Chickpeas, also known as garbanzo beans, are apart of the legume family. They are rich in protein, folate, fiber, and iron!

Ways to Enjoy Chickpeas
- Make a hummus spread
- Add to salad, soups, & stews
- Season and roast
- Grind into a paste (with blender or food processor) and use as a condiment

Buying Chickpeas
Chickpeas can be found at your local grocery store in the canned food aisle or with other dried beans, or local food banks and pantries.

Benefits
- Plant-based protein
- Delicious and easy on the wallet
- Protein and fiber in chickpeas keeps you fuller longer
- Dried and canned chickpeas are shelf-stable

For healthy family-friendly recipes visit https://www.choosemyplate.gov/myplate kitchen

Source: https://www.hsph.harvard.edu/nutritionsource/food-features/chickpeas-garbanzo-beans/