



<https://pixabay.com/en/chickpea-garbanzo-chana-legumes-390706/>



Source: <https://pixabay.com/en/chickpeas-grains-eating-2240388/>

Did You Know?

Garbanzo beans (or “chickpeas” are the most widely consumed legume in the world. As part of the legume family, they full of fiber and protein. Garbanzo is the name used in Spanish speaking countries and while chickpea is the name used in English. They are called chickpeas because of their unique shape that resembles the beak of a baby chick.

Question: Can you name some other types of beans?

Answer: Black Beans, Lima Beans, Kidney Beans, Pinto Beans

Source: <http://www.foodreference.com/html/fgarbanzobean.html>,

Source: <http://www.wafarmtoschool.org/ToolKit/65/chickpeas-garbanzo-beans/Facts>

Ways To Enjoy Garbanzo Beans



<https://pixabay.com/en/chana-masala-chole-masala-channay-1271639/>



<https://pixabay.com/en/soup-salad-ress-seedlings-1992656/>

- ◆ Enjoy raw
- ◆ Make it into a stew
 - ◆ Turn it into a dip
- ◆ Sauté with greens & quinoa

Source: http://eatfresh.org/search?search_api_views_fulltext=chickpeas



<https://pixabay.com/en/hummus-meal-chickpeas-paste-seeds-1057998/>

Selecting & Storing

Look for:

- ◆ Buy store brand canned goods to save money
- ◆ “Low sodium” or “reduced sodium” on the label

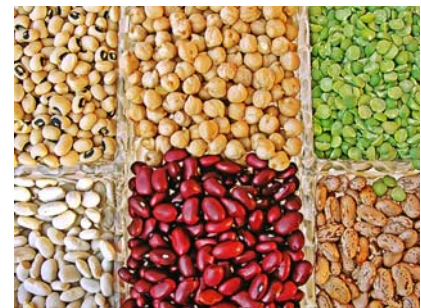
Avoid:

- ◆ Cans that are dented or damaged in any way

Storage:

- ◆ Store cooked beans in a covered container in the refrigerator for up to 5 days.

Source: <http://eatfresh.org/discover-foods/beans>



<https://pixabay.com/en/legumes-power-chickpeas-jewish-665788/>

Nutritional Benefits

- ◆ Low in Cholesterol and Sodium
 - ◆ Good source of Calcium, Magnesium, Vitamin B-6, and Protein
 - ◆ Excellent source of Fiber and Iron
- * Amount based on 1/2 cup (100grams) - cooked, boiled, without salt



<https://pixabay.com/en/chickpeas-legumes-plant-orchard-2689498/>

Source: <https://ndb.nal.usda.gov/ndb/foods/show/4796?man=&facet=&count=&max=&qlookup=&offset=&sort=&format=Abridged&reportfmt=other&rptfrm=&ndbno=&nutrient1=&nutrient2=&nutrient3=&subset=&totCount=&measureby=&Qv=2&Q9005=1&Qv=1&Q9005=1>