

Department of Family and Consumer Sciences

COOKING WITH CHICKPEAS

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Chickpeas, also called garbanzo beans, are a delicious plant protein. Chickpeas provide protein and other nutrients like fiber, potassium and folate. Chickpeas are commonly found in Mediterranean dishes and are used to make hummus and falafel. Chickpeas can be added to a variety of dishes like salads, soups or pasta dishes to add extra protein, nutrients and flavor. Use this publication to try a variety of chickpea dishes. Experiment by adding chickpeas to your own favorite recipes.

Cooking with Dried Chickpeas

Dried chickpeas are an affordable and nutritious choice to stock in your pantry. To cook dried chickpeas, follow these steps.

Soak the chickpeas using an overnight or quick soak method.

In a medium bowl, cover chickpeas with two inches of water. Soak the chickpeas four hours or overnight.

For faster cooking, soak the chickpeas by adding chickpeas to a stockpot and covering with two inches of water. Over medium heat, boil chickpeas for two minutes.

After soaking, drain and rinse the chickpeas. Look for and remove any debris like small stones that may be present.

Add the chickpeas to a stockpot and re-cover with fresh water until the water is about 2 inches above the chickpeas.

Add $\frac{1}{4}$ teaspoon of oil and other seasonings, like onions, garlic, black pepper, sage or rosemary. Simmer until the chickpeas are tender, about $2\frac{1}{2}$ - 4 hours. Avoid a rapid boil so that the chickpeas do not breakdown while cooking.



CRUNCHY BAKED CHICKPEAS

Servings: 8

Two 15.5-ounce cans low-sodium garbanzo beans (chickpeas), rinsed and drained

2 tablespoons olive oil

½ teaspoon garlic powder

½ teaspoon chili powder

1/8 teaspoon kosher salt

Heat the oven to 350 F. Wash hands with soap and water.

Drain and rinse the chickpeas. Place the chickpeas on a sheet tray and pat dry to remove excess water.

Add olive oil to the chickpeas and stir well, making sure the chickpeas are evenly coated with oil.

Roast the chickpeas for 30-40 minutes or until crisp, stirring every 10 minutes.

Remove the chickpeas from the oven. In a medium bowl, toss the chickpeas with the garlic powder, chili powder and salt until the chickpeas are evenly coated.

Enjoy the chickpeas for a crunchy snack or add them to salads or pasta dishes for extra crunch. The chickpeas are best served right away, but can be stored in an air-tight container for 1-2 days.

Nutrition information per serving: 130 calories; 6 g total fat (1 g saturated fat); 15 g carbohydrate; 5 g fiber; 3 g total sugars (0 g added sugar); 6 g protein; 40 mg calcium; 0 mcg Vitamin D; 167 mg potassium; 1 mg iron; 189 mg sodium.

CURRY SPICED CHICKPEAS

Servings: 4

1 tablespoon olive oil

½ medium onion, diced

2 garlic cloves, minced

One 15.5-ounce can low-sodium diced tomatoes

Two 15.5-ounce cans low-sodium chickpeas (garbanzo beans), drained and rinsed

¾ cup unsweetened coconut milk

1 teaspoon curry powder

1 teaspoon garam masala*

¼ teaspoon black pepper

1 tablespoon honey

Wash hands with soap and water.

In a medium pan, heat the olive oil over medium heat. Add the onion and garlic and sauté until the onion is translucent, about 5 minutes.

Add the diced tomatoes, chickpeas, curry powder, garam masala, black pepper and honey to the pan and stir to combine.

Simmer the mixture over medium low heat for about 10 minutes.

Enjoy the dish by itself or serve over white, brown or basmati rice.

*Garam masala is a warm spice that adds a punch of flavor to soups and stews, mixed dishes, meats, poultry and vegetables. Garam masala is a blend of spices like cinnamon, cumin, cardamom and cloves. Garam masala is available at many grocery stores, specialty food stores or online. One teaspoon of garam masala can be substituted with 1 teaspoon curry powder in this dish. Cinnamon, cumin, cloves, paprika and other spices can also be added to taste.

Nutrition information per serving: 228 calories; 4 g total fat (1 g saturated fat); 39 g carbohydrate; 10 g fiber; 11 g total sugars (4 g added sugar); 10 g protein; 83 mg calcium; 0 mcg Vitamin D; 392 mg potassium; 2 mg iron; 536 mg sodium.

COLORFUL CHICKPEA SALAD

Servings: 9

Two 15.5-ounce cans low-sodium chickpeas (garbanzo beans), rinsed and drained

½ red onion, diced

1 medium red bell pepper, scrubbed and diced

2 celery stalks, scrubbed and diced

¼ cup olive oil

¼ cup red wine vinegar

¼ teaspoon black pepper

2 garlic cloves, finely diced

Wash hands with soap and water.

In a medium bowl, combine the drained chickpeas, red onion, red bell pepper and celery.

In a small bowl, add the red wine vinegar, black pepper and garlic cloves. Drizzle in the olive oil and whisk to combine.

Pour the vinaigrette mixture over the chickpea mix and toss to evenly coat the beans.

Nutrition information per serving: 147 calories; 8 g total fat (1 g saturated fat); 17 g carbohydrate; 5 g fiber; 3 g total sugars (0 g added sugars); 6 g protein; 38 mg calcium; 0 mcg Vitamin D; 283 mg potassium; 2 mg iron; 144 mg sodium.

CREAMY HUMMUS DIP

This recipe uses silken tofu, which adds a smooth, creamy texture and extra protein, to the dish.

Servings: 16

12 ounces silken tofu, drained if needed

One 15.5-ounce can low-sodium chickpeas (garbanzo beans), drained and rinsed

3 tablespoons olive oil

3 tablespoons lemon juice

½ teaspoon black pepper

¼ teaspoon kosher salt

Wash hands with soap and water.

In a food processor or high speed blender, puree the tofu until creamy and the mixture is without lumps.

Add the drained chickpeas and puree until the mixture is smooth.

Add the olive oil, lemon juice, black pepper and salt and puree until combined.

Enjoy this recipe as a dip for fresh vegetables or whole grain crackers. Hummus is a great addition to a sandwich or wrap. Experiment with additional flavors by adding roasted garlic, roasted red peppers, cumin and other flavorings.

Nutrition information per serving: 58 calories; 4 g total fat (.5 g saturated fat); 4 g carbohydrate; 1 g fiber; 1 g total sugars (0 g added sugars); 2 g protein; 26 mg calcium; 0 mcg Vitamin D; 44 mg potassium; 1 mg iron; 74 mg sodium.

BAKED FALAFEL

Servings: 6

Two 15.5-ounce cans low-sodium chickpeas (garbanzo beans), drained and rinsed
½ red onion, scrubbed and diced
5 cloves garlic, diced
½ cup cilantro, scrubbed and chopped
¼ cup parsley, scrubbed and chopped
2 tablespoons olive oil
2 ½ tablespoons lemon juice
2 teaspoons cumin
2 teaspoons coriander
¼ teaspoon black pepper
¼ cup all-purpose flour
2 teaspoons baking powder
Non-stick spray

Heat the oven to 375 F. Wash hands with soap and water.

In a food processor, add the chickpeas, red onion, garlic, cilantro, parsley, olive oil, lemon juice, cumin, coriander and black pepper. Puree until the chickpeas are chopped and ingredients are combined.

Add the all-purpose flour and baking powder to the chickpea mixture. Combine ingredients until the chickpeas and red onion are in very small pieces.

Spray a baking sheet with non-stick spray.

Scoop ¼ cup of chickpea mixture and form the mixture into a rough ball. Place the ball on the baking sheet and press into a patty shape. Repeat with the remaining chickpea mixture. If the falafels crack, carefully reform into a patty.

Bake the falafels for 13-15 minutes. Carefully flip the falafels onto the other side. Bake for another 15 minutes, or until the falafel patties reach your desired level of crispness.

Serve the falafels as a dish by themselves dipped in tzatziki sauce or cucumber Greek yogurt sauce (recipe below), on top of a Greek salad or wrapped in a pita or tortilla along with lettuce, tomato, cucumbers and tzatziki sauce or cucumber yogurt sauce.

Nutrition information per serving: 205 calories; 7 g total fat (1 g saturated fat); 18 g carbohydrate; 8 g fiber; 4 g total sugars (0 g added sugar); 8 g protein; 186 mg calcium; 0 mcg Vitamin D; 275 mg potassium; 3 mg iron; 322 mg sodium.

CUCUMBER YOGURT SAUCE

Servings: 6

- 2 cups plain low-fat yogurt
- 2 cucumbers, scrubbed, peeled, seeds removed and grated
- ½ cup non-fat sour cream
- 1 tablespoon lemon juice
- 1 tablespoon dill
- 1 garlic clove, finely chopped

Wash hands with soap and water.

In a medium bowl, stir to combine the yogurt, grated cucumbers, sour cream, lemon juice, dill and garlic clove.

Cover tightly and refrigerate at least 1 hour.

Nutrition information per serving: 74 calories; 7 g total fat (1 g saturated fat); 10 g carbohydrate; 0 g fiber; 4 g sugar (8 g added sugar); 5 g protein; 172 mg calcium; 0 mcg Vitamin D; 124 mg potassium; 0 mg iron; 70 mg sodium.



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