

✓ EASY TO COOK AND ADD TO MEALS

all about CHICKPEAS

Each ½ cup serving is packed with protein (7g) and fiber (6g), making them a filling addition to any meal.



Let's Get Cooking!

Canned chickpeas are already cooked and ready to use! But if you have dry chickpeas on hand, cut down on prep time by cooking a batch and storing in the fridge or freezer to add to recipes all week long.



Chickpea Sliders

Total Time: 40 min Serves: 4

2 Tbsp cooking oil
¼ cup sliced green onions
6 mushrooms, diced
2 tsp salt
2 tsp black pepper
1 Tbsp lemon juice
1 (15 oz) can rinsed and drained chickpeas

1 egg
½ cup grated cheese (any kind)
1 tsp granulated garlic
2 Tbsp flour

Preheat oven to 400° F. Add 1 Tbsp oil to a large pan over medium heat. Add onions and mushrooms and sauté for 5 minutes. Add 1 tsp salt, 1 tsp pepper, and lemon juice. Sauté 2 more minutes. Remove from pan and set aside to cool. Add chickpeas to a medium bowl and mash with a fork until broken down. Stir in egg and mash till combined. Stir in mushroom mixture, cheese, garlic, 1 tsp salt, and 1 tsp pepper. Slowly sprinkle in flour and mix till well blended. Form into patties. Place patties on a baking sheet and refrigerate for 10 min.

Add 1 Tbsp oil to a pan over medium-high heat. Add chickpea patties, in batches, and cook for 4-5 min. per side. Remove from pan and place on a paper towel to drain off excess oil. Serve with your favorite burger toppings!



Chicken Thighs with Roasted Chickpeas

Total time: 45 min Serves: 4

Chicken thighs
Salt & Pepper
2 cloves chopped
garlic
1 (15 oz) can
chickpeas, drained
& rinsed

1 head of kale,
washed, stems
removed & chopped
4 Tbsp cooking oil
1 tsp cumin
½ tsp cayenne
Lemon,
cut into wedges

Preheat oven to 400° F and line a baking sheet with foil. Rinse and pat dry 4 chicken thighs. Season with salt, pepper, and garlic. Set aside.

Add chickpeas and kale to bowl. Drizzle with 1 Tbsp oil and sprinkle with salt, black pepper, cumin, and cayenne. Mix to coat. Place on baking sheet and roast for approx. 7 minutes or until crispy. .

While kale and chickpeas roast, add 1 Tbsp oil to a large pan over medium heat. Once hot, place chicken thighs skin side down in pan. Cook 4-5 min. per side, or until skin is crispy and internal temperature reaches 165°. Serve chicken thighs with roasted kale, chickpeas, and lemon wedges. Enjoy!



Chickpea & Tuna Fritters

Total time: 45 min Serves: 4

1 (15 oz) can chickpeas - drained, rinsed & dried	¼ cup relish
2 cans tuna - drained	1 ½ tsp cayenne pepper
½ cup mayonnaise	1 ½ tsp granulated garlic
1 Tbsp mustard	2 lemon wedges
¼ cup parsley - finely chopped	⅛ cup flour
1 medium red onion, diced small	Salt & Pepper
	2 Tbsp cooking oil

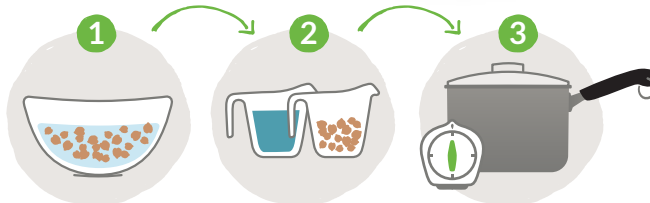
Preheat oven to 400° F. Smash chickpeas in bowl until completely mashed. Add tuna, mustard, mayo, parsley, onion, relish, cayenne, garlic, and juice from 2 lemon wedges. Mix well. Add salt and pepper to taste. Mix in flour until thick enough to form small patties that are 2-3" in diameter and ½" thick. Chill in fridge for 5-10 min.

Preheat large pan over medium heat. Add oil to pan and heat for 30 seconds, then add fritters to pan. Flip fritters once golden brown. Repeat process on other side. Remove from pan. Serve with tartar sauce.

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How to Soak and Cook Dry Chickpeas



***Note:** Canned chickpeas are already cooked. Just drain, rinse, and use!

1. Soak your chickpeas.

OVERNIGHT SOAK: Use three cups of cold water for each cup of chickpeas, let stand for 8–24 hours and drain.

OR

QUICK SOAK: Use three cups of cold water for each cup of chickpeas, boil 2 minutes, remove from heat, cover and let stand for one hour, drain.

2. Combine chickpeas and water, bring to a boil.

💧 For every cup of chickpeas, use 3 cups of water.

3. Simmer for 1.5–2 hours.

TIP: ½ cup dry = 1 cup cooked

Easy Swaps

Looking for more ways to use chickpeas? Try these easy swaps!



Pastas and Casseroles

Replace all or part of the chicken or turkey with chickpeas in pasta dishes and casseroles.

REPLACE THIS

PART OR ALL CHICKEN OR TURKEY

WITH THIS

CHICKPEAS

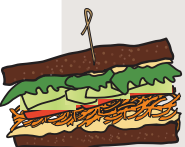


Soups

Replace half of the cream or milk in hearty soups with pureed chickpeas to lower fat and increase protein and fiber. Thin with water to desired consistency.

½ OR ALL CREAM OR MILK

PUREED OR MASHED CHICKPEAS



Sandwiches

Replace sandwich spreads like mayo with pureed chickpeas or hummus to cut fat, or mix them in with egg salad or tuna to stretch your dollar.

MAYO

PUREED OR MASHED CHICKPEAS



For more recipes or information, please visit:

www.usapulses.org/TIPS or follow us on social media @USAPulses



How to Store

PANTRY

DRY CHICKPEAS

Store Time: Up to 1 Year

If stored for longer, chickpeas may require longer cooking times to soften.

CANNED CHICKPEAS (sealed)

Store Time: Several Years

TIP: Store dry and canned chickpeas in a dark, dry and cool place for lasting freshness.

REFRIGERATOR

COOKED OR CANNED CHICKPEAS (opened)

Store Time: Up to 5 Days

Sealed in airtight container in cooking liquid or covered with water.

SOUPS, CHILI AND CURRIES

Store Time: Up to 5 Days

Store in sealed, airtight container.

FREEZER

COOKED CHICKPEAS

Store Time: 6 Months

After chickpeas have cooled completely, drain any excess liquid and store in single-serving portions in sealed, airtight containers or freezer bags.

SOUPS, CHILI AND CURRIES

Store Time: 3–6 Months

Store in sealed, airtight container.

TIP: To thaw frozen chickpeas or meals, place in the refrigerator overnight to thaw, or warm over gentle heat just before eating.