



Chickpeas

Try a **NEW** food today!

Did you know. . .that the chickpea was first cultivated over 7000 years ago?

Fun Facts

- Chickpeas are known by many different names all over the world. In the US we call them garbanzo beans.
- Chickpeas can be eaten right from the can, dried, roasted, hot or cold. Chickpeas are used for dip recipes and can be added to soups and salads.
- Chickpeas are not only beige in color, other varieties can be black, green, red, and brown.
- Chickpeas contain a huge number of antioxidants, vitamins and minerals including folate, magnesium, vitamin B6, vitamin c, iron, potassium, calcium, phosphorus and zinc .
- Chickpeas are high in protein so they are a fantastic alternative to meat for vegetarians.

