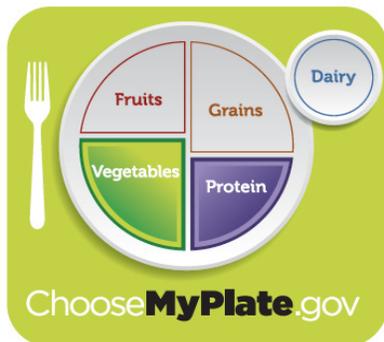


Chickpeas



Did You Know

- Chickpeas, also called garbanzo beans, have been enjoyed as a nutritious food source for 7,000 years. The name chickpea comes from their similarity of appearance to a chick's beak.
- Like other legumes, chickpeas have root nodules that fix nitrogen, which helps to improve the soil. This bushy plant varies in height from 8 inches to 3 feet and grows best in dry climates. Each pod contains 1-3 chickpeas.
- Montana's production of chickpeas is growing. In 2016, Montana farmers harvested 254,000 acres of chickpeas.
- Chickpeas are a nutrient powerhouse. They are an excellent source of many nutrients including potassium, calcium, iron, vitamin B-6, and magnesium. Magnesium can help prevent migraines, ensure strong bones, regulate blood pressure, and manage blood sugar, among many other important functions in the body. Like other legumes, they provide protein and fiber. In 1 cup of chickpeas, there are 39 grams of protein! Fiber is important for a healthy digestive system, lowering cholesterol, and helping to manage weight.



Gardening & Agriculture

Since only 1-3 chickpeas are in each pod with several pods on each plant, chickpeas are not often found in home gardens. Montana farmers plant chickpeas in the spring (in May). Once the pods are mature in late summer (August – September), the plants are either swathed (cut down) and then allowed to dry or they are sprayed with a desiccant, which is a chemical that dries out the plants. A combine then drives through the field, harvesting and threshing the plants. Threshing is the process of separating the chickpea seeds that we eat from the rest of the plant. The chickpeas are transported and further sorted to remove unwanted plant material and debris, like small rocks, that are picked up during harvesting.

Buying Tips

Most chickpeas are beige in color, but this can vary to include black, red, yellow, and green. Kabuli (larger and most common in the U.S.) and desi (smaller) are the main varieties of chickpeas grown. Chickpeas are available as whole chickpeas, either cooked and canned or dry and uncooked, as well as in processed forms such as pasta, flour, etc. If selecting canned chickpeas, choose low-sodium chickpeas. Store chickpeas in airtight containers in a cool, dry place for up to a year. Cooked chickpeas may be refrigerated up to 5 days or frozen for up to 3 months.

Cooking

Roasted Munching Chickpeas

Great crunchy snack packed with protein.

Developed by: MSU Extension Nutrition Education Program

Servings

6

Ingredients

- 1 1/4 cups Dry chickpeas
- 1 tsp Olive oil
- 1/4 tsp Salt
- 1/4 tsp Cumin
- 1/4 tsp Paprika
- 1/4 tsp Garlic powder



Preparation

1. To cook chickpeas ahead of time: using a colander, rinse dry chickpeas with running water. Add chickpeas to a medium-large bowl and add 3 1/2 cups of water. Cover bowl and leave chickpeas to soak for about 16 hours. After soaking, drain off chickpea water and add chickpeas to a large pot along with 3 1/2 cups of water. Bring to a boil on the stovetop and reduce to a strong simmer for 1 1/2 - 2 hours. Taste test a couple chickpeas to check if they are done. Chickpeas should no longer be mealy, but not yet mushy either.
2. Drain the chickpeas, shaking off as much water as possible.
3. Preheat oven to 375°F.

- Line a baking sheet with parchment paper and pour the chickpeas onto the sheet, making sure they are spread out.
- Pat dry with a paper towel.
- Bake for 30 minutes total. Halfway through baking time, shake the pan so the chickpeas turn over. The peas should sound like rocks rolling when they are well roasted.
- Mix dry seasonings into a large bowl.
- As soon as the chickpeas are done baking, pour into large bowl, add olive oil.
- Shake the bowl so all the chickpeas are coated with oil.
- Pour chickpeas into the bowl with the seasonings.
- Shake the bowl so all the chickpeas are coated with seasonings.
- Serve immediately at room temperature, or store in a covered container.



Book Nook

The Sandwich Swap, by Queen Rania Al Abdullah & Kelly DiPucchio

One Bean, by Anne Rockwell

Mr. Putter and Tabby Spill the Beans, by Cynthia Rylant



Bistro Chickpea Salad Sandwich

A new twist on the classic sandwich.

Source: *Idaho Grown Legumes Cookbook*

Servings

6

Ingredients

- 3/4 cup Celery, *chopped*
- 1/3 cup Green peppers, *chopped*
- 1/3 cup Green onions, *chopped*
- 1 1/2 cups Dried chickpeas
- 1/3 cup Mayonaise, *reduced calorie*
- 1 Tbsp Sweet pickle relish
- 1/2 Tbsp Dijon mustard
- 12 slices Whole grain-rich bread
- 1/4 lb Spinach

Preparation

- Cook dried chickpeas: One cup of dried chickpeas is equivalent to two cups (11.6 oz) cooked chickpeas. First, Soak dry chickpeas using one of two methods: A) Overnight soak: cover pot of water and beans. Place in the refrigerator and soak overnight. B) Quick soak: Bring beans to a boil. Reduce heat and simmer for 2-3 minutes. Remove from heat and cover the pot to allow the beans to soak for 1 hour until the beans expand to two to three times their dry size. Second, cook soaked chickpeas: Add soaked chickpeas to water (1 cup chickpeas per 3 cups water). Bring to boil and simmer for 45-60 minutes, or until tender. When chickpeas can be mashed by a fork, they are done. Pour through a colander to remove excess water.
- Chop celery, green peppers, and green onions.
- In a bowl or mixer, add mayonnaise, relish, and mustard.
- Stir in celery, green peppers, green onions, and chickpeas.
- Mix well.
- Assemble sandwiches by placing 3/4 cup chickpea mixture onto slice of bread, top with 1/4 cup spinach and add second slice of bread. Serve chilled.

Dig Deeper

For sources and photo credits along with more recipes, lessons, quick activities, resources, and guides, visit: mtharvestofthemonth.org.

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The Montana Harvest of the Month program showcases Montana grown foods in Montana schools and communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, the National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, Montana Department of Agriculture, Montana Organic Association, and FoodCorps Montana. More information and resources are available at: mtharvestofthemonth.org.

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