

Chickpeas (Garbanzo Beans)

Key Points

- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- To cook beans, cover with fresh water and simmer 1-2 hours. Beans should always be covered with water or they will dry out. If overcooked, they will fall apart.
- If soaked for 12-24 hours before use, cooking time can be shortened to about 30 minutes. *Do not add salt to the soaking water. Drain water and rinse with fresh water before cooking.



Indian Spiced Vegetables

Ingredients:

1 tablespoon vegetable oil
3 garlic cloves, minced
1 onion, chopped
1 teaspoon hot sauce (optional)
2 tablespoons curry powder (optional)
1 cup peas
1 3/4 cups cooked chickpeas
1 package (10 ounce) frozen chopped spinach, thawed
1 cup plain low fat yogurt
Salt and pepper, to taste

Directions:

1. In a large pot, add oil, garlic, onion, hot sauce and curry powder. Cook over medium heat until soft (about 3 minutes).
2. Add peas, chickpeas, spinach, yogurt and 1/2 cup water.
3. Add salt and pepper to taste.
4. Cook and stir until heated through (about 5 minutes).
5. Serve and enjoy!
6. Refrigerate leftovers.

Makes 8 servings.

Chickpea Salad

Ingredients:

1 1/2 cups plain low fat yogurt
2 garlic cloves, minced
1 teaspoon sugar
1 teaspoon cumin (optional)
1/2 teaspoon chili powder
1 3/4 cups cooked chickpeas
1 bell pepper, finely chopped
1 cup peas
Salt and pepper, to taste

Directions:

1. In a medium bowl, mix yogurt, garlic, sugar, cumin and chili powder.
2. Add chickpeas, bell pepper and peas. Stir.
3. Add salt and pepper to taste.
4. Cover and refrigerate for 1 hour.
5. Serve and enjoy!
6. Refrigerate leftovers.

Makes 6 servings.

Quick Tips

- One pound dried beans (2 cups) equals 5 to 6 cups cooked beans.
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an airtight container for a year.
- Remember to rinse all fruits and vegetables before using.



This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet., Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

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The Nutrition Facts Label — What does it tell us?

Recipe Name:
Indian Spiced Vegetables

Recipe Name:
Chickpea Salad

Nutrition Facts			
Serving Size (157g)		Servings Per Container	
Amount Per Serving			
Calories 120	Calories from Fat 30		
		% Daily Value*	
Total Fat 3.5g			5%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 240mg			10%
Total Carbohydrate 15g			5%
Dietary Fiber 5g			20%
Sugars 6g			
Protein 6g			
Vitamin A 70%		Vitamin C 25%	
Calcium 10%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

1. Start with the serving size.

2. Check calories.

3. Limit these:
- Total fat
- Saturated fat
- Trans fat
- Cholesterol
- Sodium

4. Get enough of these:
- Fiber
- Vitamins A and C
- Iron
- Calcium

Nutrition Facts			
Serving Size (179g)		Servings Per Container	
Amount Per Serving			
Calories 130	Calories from Fat 20		
		% Daily Value*	
Total Fat 2.5g			4%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 260mg			11%
Total Carbohydrate 19g			6%
Dietary Fiber 5g			20%
Sugars 8g			
Protein 8g			
Vitamin A 15%		Vitamin C 45%	
Calcium 15%		Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

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