**Chickpeas**

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Beneficial Bites



Chickpeas are full of great nutrition! They’re packed with…

* Fiber
* Protein
* Folate
* Iron
* Antioxidants

Chickpeas are incredibly versatile to cook with and are inexpensive.

Typical uses for chickpeas includes:

* Cold in salads
* Cooked in stews
* Ground into flour
* Fried falafel
* Pureed into hummus
* Roasted and spiced

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**April Menu Item**

**Hearty Beef Chili with Chickpeas**

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Chickpeas are available year round sold as dried or canned. They have a nutty flavor and a buttery texture. They are featured extensively in the healthy Mediterranean diet and Middle-Eastern food.

* Over 12 million tons of chickpeas are grown worldwide annually
* India is the world’s largest producer

**Did you know??**

People can also consume chickpea plant leaves.

Ground chickpeas have been used as a coffee substitute since the 18th century.

Chickpeas are a fantastic alternative to meat for vegetarians.

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