**Chickpeas Win!**

Chickpeas are known by many different names all over the world, but the most popular are garbanzo beans and Egyptian peas. They come in a variety of different types and colors, not just the beige variety we are used to seeing in cans.

Over 12 million tons of chickpeas are grown worldwide annually, with India as the largest producer. They are some of the longest cultivated plants on earth, making it one of the oldest known foods to man. Chickpeas are very popular worldwide and are a common staple in many cultures and are featured extensively in the healthy Mediterranean Diet.

Like other legumes, chickpeas are a great source of fiber, protein, iron, folate, and antioxidants. They can help you maintain a healthy digestive track, reduce your risk of heart disease, and help aid in managing diabetes. They are an excellent alternative to meat for vegetarians. They have a nutty flavor and a buttery texture.

Chickpeas are incredibly versatile; you can eat them canned, dried, roasted, hot or cold and they are inexpensive! Fun fact: Ground-roasted chickpeas can be used as a coffee substitute!

Come join us at one of our next presentations to test new recipes and learn more about chickpeas.

