

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

Chickpeas/Garbanzo Beans

Chickpeas, also known as garbanzo beans, can be added to salads, soups and stews.

COOKING DRY CHICKPEAS

1. Place 1 cup of dry chickpeas into a large pot with 8 cups of cold water.
2. Soak the beans overnight or longer. Drain.
3. Add enough fresh water to cover the beans. Bring to a boil. Reduce heat to a simmer. Cover pot and cook, about 2 to 3 hours, until the beans are done.

Chickpeas are delicious and healthful.

One-half cup of chickpeas:

- have only 135 calories.
- provide fiber, iron, calcium, and potassium.
- have no cholesterol.



Garbanzo Bean Pot Serves 10 (1 cup servings).

1 pound ground turkey, sausage or beef	1 can (15 oz.) tomato sauce
8 cups cooked dry or canned garbanzo beans, drain	1 can (4 oz.) mushrooms, drained
1 package dry onion soup mix	1 Tbsp. prepared mustard

1. Place meat in skillet and brown. Drain well.
2. Place browned meat in large casserole dish or 9" by 13" pan.
3. Stir meat around to coat sides.
4. Add remaining ingredients and mix well.
5. Bake at 350 degrees for 1 to 1-1/2 hours or until brown on top.

NUTRITION FACTS (per serving with turkey) - Calories 240 ~ Fat 3.5 g ~ Calories from fat 30 ~ Sodium 970 mg ~ Total carbohydrate 33 g ~ fiber 9 g

Garbanzo-Cheese Salad Serves 4

2 cups drained canned or cooked chickpeas/garbanzo beans
1/4 cup fat free Italian salad dressing (or your favorite salad dressing)
1 cup grated cheese
2 Tbsp. chili sauce
4 cups salad greens - lettuce, spinach, etc.

1. Combine all ingredients except salad greens; chill thoroughly.
2. Serve on salad greens.

**NUTRITION FACTS (per serving) - Calories 250 ~ Fat 8g ~ Calories from fat 70 ~Sodium 780 mg
~ Total carbohydrate 29 g ~ fiber 8 g**

Chile Bean Dip Serves 8.

2 cups canned/home cooked garbanzo beans, drained
2 or more Tbsp. finely chopped green chilies
Jalapeno pepper, to taste, (if desired)
1 tsp. lemon juice
1 tsp. chili powder, or to taste
1 Tbsp. minced onion

1. Mash all ingredients together except onion.
2. Add onion and mix well.
3. Serve chilled.

*To mash beans - drain then use a fork, potato masher, or mixer

**This dip may be used as a filling for tacos or enchiladas, if desired

**NUTRITION FACTS (per serving) - Calories 60 ~ Fat 1 g ~ Calories from fat 10 ~Sodium 75 mg
~ Total carbohydrate 10 g ~ fiber 3 g**



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