

Name: _____ Date: _____

Eat smart to play hard with chickpeas!

The chickpea, also known as a garbanzo bean, is a small, round bean with a mild, nutty flavor. It is the seed part of the plant and grows in a pod. Chickpeas are grown throughout the Middle East, India, Turkey, Africa, and the United States. There are lots of tasty ways chickpeas are prepared and eaten across the globe.



Hummus is a popular recipe from the Middle East. In fact, the word “hummus” is actually the Arabic word for “chickpea.” It is traditionally made with mashed chickpeas, olive or sesame seed oil, lemon juice, and garlic. **Tahini** (a thick paste made from sesame seeds) and paprika can also be added. It’s often eaten with pita bread, but may also be served with raw vegetables as a dip, or with whole-grain crackers. Try it as a spread on a sandwich or veggie wrap.

Chickpea Fun Facts

- This tasty legume is packed with protein for building and repairing muscles. It is also a good way to add folate and fiber to your snack for healthy blood cells and a healthy digestive tract.
- Chickpeas can count as a vegetable or protein food on **MyPlate**.
- In the garden, chickpeas grow as seeds in pods on a bushy plant with feathery leaves. Their flowers can vary from white to violet. The chickpeas can vary in color from dark green to light brown, but they turn a light beige when cooked.
- Add chickpeas to your salad or try them mashed into a dip, like the hummus recipe below.

Recipe Hummus

Serves: approximately 8

Ingredients:

- 2 15-oz cans of chickpeas (rinsed and drained)
 - ½ cup water
 - 2 cloves garlic (or 1 Tbsp minced)
 - 2 tablespoons olive oil
 - ¼ cup lemon juice
 - ¾ teaspoon salt
 - ¼ teaspoon black pepper
 - ¼ cup tahini (*optional*)
 - 1 tablespoon paprika (*optional*)
- whole-wheat pita bread or raw vegetable sticks (for dipping)

PREPARATION TIME:
20 minutes

SERVING SIZE: ¼ cup

SUPPLIES:
potato masher (or mortar and pestle), colander, large bowl, large stirring spoon, serving spoon, measuring cup and spoons, can opener

Note: Adults may blend the hummus using a blender or food processor if available.

Directions:

1. Wash your hands.
2. Use a potato masher, or a mortar and pestle, to mash chickpeas to a paste. Add garlic and enough water to make the mixture smooth. (Or you may use a blender or food processor with help from an adult.)
3. Add tahini (*optional*), olive oil, lemon juice, salt, and pepper to the chickpeas. Mix well.
4. Spoon hummus into a bowl. Sprinkle with paprika. (*optional*)
5. Serve with warm whole-wheat pita bread and vegetable sticks for dipping.

Recipe Vocabulary:

Potato Masher:
a utensil used to mash soft food like mashed potatoes or applesauce

Mortar and Pestle:
a two-piece tool (club-shaped piece and bowl) often made of wood or stone, used to grind or crush food

Mince:
chop up into small pieces

Colander:
bowl-shaped utensil with holes used to drain liquid from food (like pasta)

