

# Tangy Bean Salad

## INGREDIENTS

- 1, 15.5oz can garbanzo beans
- 1, 15.5oz can black beans
- 1, 15.5oz can cannellini beans
- 1, 15oz can no-sugar added mandarin oranges
- 3/4 cup red onion, diced, optional
- 1/3 cup fresh parsley, finely chopped, optional
- 1/3 cup apple cider vinegar
- 2 tablespoons honey
- 3 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon ground black pepper

**6 SERVINGS**

**20 MINUTES**



Adapted from:  
[donuts2crumpets.com](http://donuts2crumpets.com)



## PROCEDURE

1. Drain and rinse all three kinds of beans. Drain the mandarin oranges.
2. In a large mixing bowl, add all three kinds of beans and mandarin oranges.
3. Dice and chop the red onion and parsley, if using. Add to bowl.
4. In a smaller mixing bowl, whisk together the apple cider vinegar, honey, olive oil, salt, and pepper until well combined.
5. Pour the dressing over the bean mixture and toss together lightly.
6. Cover with lid and let sit in the refrigerator for at least an hour or until ready to serve.

# Lemon Pepper Chickpea Dip

## INGREDIENTS

- 1, 15-ounce can chickpeas drained and rinsed
- 2 tablespoons vegetable oil
- 2 tablespoons chopped onions
- 1/2 - 1 tablespoons lemon juice, to taste
- 1/2 teaspoon ground black pepper, to taste
- 1/2 teaspoon salt, to taste

8 SERVINGS

20 MINUTES



Adapted from:  
[myplate.gov](https://myplate.gov)



## PROCEDURE

1. Drain and rinse the chickpeas, transfer to medium bowl.
2. Using a fork or potato masher, mash the chickpeas until most of the beans have been crushed.
3. Stir in oil and onion.
4. Add lemon juice, salt, and pepper, to taste.
5. Serve with your favorite vegetables, crackers, or pretzels.

# Hearty Mashed Potatoes

## INGREDIENTS

- 4 potatoes, peeled and cut in chunks (about 2 pounds)
- 1, 15-ounce can low sodium chickpeas, drained and rinsed
- 1/2 cup low-fat milk
- 1/4 cup low-fat Parmesan cheese
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper, to taste

6 SERVINGS

20 MINUTES



Adapted from:  
[myplate.gov](https://myplate.gov)



## PROCEDURE

1. Place potato chunks in large saucepan and cover with water. Bring to a boil over high heat then reduce to a simmer for 10 minutes.
2. After 10 minutes, add chickpeas to potatoes. Continue cooking until potatoes are fork tender, about 20 minutes.
3. Drain water. Place potatoes and chickpeas back in saucepan. Mash the chickpeas and potatoes using a potato masher.
4. Add milk, cheese, garlic powder, and black pepper. Stir until well combined.
5. Serve warm!

# Chickpea Tuna Salad

## INGREDIENTS

- 2 tablespoons light mayonnaise or low-fat Greek yogurt
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon mustard
- 1, 15-ounce can chickpeas, drained
- 1, 5-ounce can tuna, drained
- 3 tablespoons celery, finely chopped
- ¼ teaspoon salt, to taste
- ¼ teaspoon black pepper, to taste

3 SERVINGS

10 MINUTES



Adapted from:  
[dishingoutthehealth.com](http://dishingoutthehealth.com)



## PROCEDURE

1. In a small bowl, combine light mayonnaise (or greek yogurt), lemon juice, mustard, salt, and pepper. Whisk to combine.
2. Drain and rinse chickpeas, and dry clean with a paper towel. Transfer chickpeas to a large bowl. Mash chickpeas with a fork.
3. Add tuna, celery, and dressing. Stir to combine.
4. Place in fridge for 15 minutes before serving.
5. Serve in a sandwich, over a salad, or with crackers.

# Cookie Dough Hummus

## INGREDIENTS

- 1, 15-ounce can chickpeas, drained and rinsed
- ⅛ teaspoon salt
- ⅛ teaspoon baking soda
- 2 teaspoons vanilla extract
- ¼ cup creamy peanut butter (or your favorite nut butter)
- ⅛ - ¼ cup low-fat milk, if needed
- ¼ cup honey
- ⅓ cup chocolate chips
- 2 - 3 tablespoons quick oats, as needed to thicken

12 SERVINGS

30 MINUTES



Adapted from:  
[chocolatecoveredkatie.com](http://chocolatecoveredkatie.com)



## PROCEDURE

1. In a blender or food processor, combine chickpeas, salt, baking powder, vanilla extract, nut butter, 1/8<sup>th</sup> cup low-fat milk, honey, and 2 tablespoons of quick oats. Blend on medium speed until smooth.
2. If hummus is too thick, add remaining milk and blend. If hummus has excess liquid, add remaining oats and blend.
3. Transfer hummus to mixing bowl and fold in chocolate chips.
4. Place in refrigerator for about 15 minutes before serving.
5. Serve with your favorite fruit, graham crackers, or your choice of side.

# Spicy Chickpea Chili

## INGREDIENTS

- 2 teaspoons olive oil or vegetable oil
- ½ red onion, diced
- 4 teaspoons minced garlic
- 16 oz mild salsa of choice
- 1 ½ cups low-sodium vegetable broth
- 1, 15-ounce can corn, drained and rinsed
- 2, 15-ounce cans chickpeas, drained and rinsed

4 SERVINGS

15 MINUTES



Adapted from:  
[iheartvegetables.com](http://iheartvegetables.com)



## PROCEDURE

1. In a large pot, heat the olive oil over medium heat for 30 seconds
2. Add red onion and cook for 2 minutes until it begins to soften
3. Add garlic and continue to cook for 1 minute until fragrant.
4. Add salsa, vegetable broth, corn, and chickpeas. Bring to a simmer.
5. Cover and simmer for 5 - 6 minutes until heated.
6. Divide into bowls and serve!

# Chickpea and Tomato Soup

## INGREDIENTS

- 1 tablespoon olive oil, plus extra for drizzling
- 2 teaspoons minced garlic
- 1, 15-ounce can chickpeas, drained and rinsed
- 1, 14.5-ounce can chopped tomatoes
- 1  $\frac{3}{4}$  cups chicken broth
- $\frac{1}{2}$  cup small pasta shapes
- Salt and black pepper, to taste

2 SERVINGS

30 MINUTES



Adapted from:  
[bbc.co.uk](http://bbc.co.uk)



## PROCEDURE

1. Heat the olive oil and garlic gently in a medium saucepan over a medium heat until the garlic is soft and just starting to brown.
2. Add chickpeas and season with salt and pepper.
3. Stir in the chopped tomatoes, chicken stock and pasta shapes. Bring to the boil, then reduce the heat to a simmer.
4. Cook the soup for 15 minutes, or until the pasta is tender.
5. Divide into bowls, drizzle with olive oil, and serve!

# Chickpea Stew

## INGREDIENTS

- 2 tablespoons oil
- 3 teaspoons minced garlic
- ½ teaspoon salt
- Black pepper, to taste
- 1 cup 100% orange juice
- 2, 14.5-ounce cans diced tomatoes, no salt added
- 2, 15-ounce cans chickpeas, rinsed and drained
- 3 cups cooked brown rice
- ½ teaspoon red pepper flakes, optional
- 1 teaspoon dried thyme, optional

6 SERVINGS

30 MINUTES



Adapted from:  
[capitalareafoodbank.org](http://capitalareafoodbank.org)



## PROCEDURE

1. Heat oil over medium-low heat in a large pan. Add the garlic, salt, black pepper, red pepper flakes, and thyme. Cook and stir for 1 minute, being careful not to burn the garlic.
2. Add the orange juice, tomatoes, and chickpeas. Increase the heat to medium-high and bring the stew to a boil.
3. Reduce the heat and simmer until the stew thickens, about 10 minutes.
4. Serve with brown rice.