Chickpea Noodle Soup

INGREDIENTS

- 1 tablespoon vegetable oil or olive oil
- 1 white onion, diced
- 2 cups canned mixed vegetables, drained
- 2 teaspoons minced garlic
- 1 teaspoon salt
- ½ teaspoon pepper
- 8 cups low sodium vegetable broth
- 1, 15oz can chickpeas, drained and rinsed
- 8 oz pasta (any shape works)
- 1 teaspoon dried thyme, optional
- Dried parsley, for garnish, optional

6 SERVINGS 45 MINUTES



Adapted from: feelgoodfoodie.net



- 1. In a large pot, heat oil over medium heat. Add onions and cook until softened, about 5 minutes.
- 2. Stir in minced garlic, salt, pepper, and thyme (if using). Cook for about 1 minute.
- 3.Add canned vegetables, chickpeas, and vegetable broth, Bring to a boil.
- 4. Stir in pasta, reduce heat, and simmer uncovered until pasta is tender, about 10 12 minutes.
- 5. Taste and adjust seasonings. Sprinkle with dried parsley (if using) and serve.

Chickpea Stuffed Sweet Potatoes

INGREDIENTS

- 4 large, sweet potatoes
- 4 tablespoons vegetable or olive oil
- 1 medium white onion, finely chopped
- 1, 28oz can diced tomatoes
- 1, 15 oz can chickpeas, drained and rinsed
- ½ cup water
- Salt and pepper, to taste

4 SERVINGS 45 MINUTES



Adapted from: thekitchn.com



- 1. Preheat oven to 350°F. Place the sweet potatoes on a foillined baking sheet and bake until very tender, about 1 hour.
- 2. While the sweet potatoes are baking, heat the cooking oil in a large skillet over medium heat. Add the onions and sauté until translucent, about 5 minutes.
- 3. Add diced tomatoes and water. Cook until mixture reduces to the consistency of a salsa, about 30 minutes.
- 4. Add the chickpeas and simmer until chickpeas are warmed, about 2 minutes.
- 5. After the sweet potatoes have cooled enough to handle, cut them in half lengthwise, leaving the bottom intact.
- 6. Spoon in the chickpea tomato mixture into the sweet potato. Serve warm.

Chickpea Salad Sandwich

INGREDIENTS

- 15 oz can chickpeas, drained and rinsed
- 1 rib celery, thinly sliced
- 1 to 2 tablespoons light mayonnaise
- 1 tablespoon lemon juice
- Salt and pepper, to taste
- 2 slices of bread

Optional

- Lettuce
- Tomatoes



2 SERVINGS
10 MINUTES



Adapted from: acouplecooks.com

PROCEDURE

- 1. Thinly slice the celery.
- 2. Drain and rinse the chickpeas. In a medium bowl, smash the chickpeas with a fork.
- 3.Combine the chickpeas with the chopped celery, light mayonnaise, lemon juice, salt and pepper. If the salad is dry, add more light mayonnaise
- 4. Assemble the chickpea salad sandwich: Top bread with chickpea spread and any additional toppings.

Note: The chickpea spread stores for up to 3 days refrigerated in an airtight container

Microwave Shakshuka

INGREDIENTS

- 1/4 cup low-sodium marinara sauce
- 1/4 cup canned chickpeas, drained and rinsed
- 1/8 teaspoon red pepper flakes
- Pinch of salt
- 1 large egg
- Non-stick spray



2 SERVINGS 10 MINUTES



Adapted from: thekitchn.com

- 1.Coat a microwave-safe, wide, shallow bowl with cooking spray. Add the marinara sauce, chickpeas, red pepper flakes, and salt, and stir to combine.
- 2. Make a well in the center of the sauce and crack the egg into the well. Pierce the center of the egg yolk once with a sharp paring knife. Cover the bowl with a damp paper towel. Microwave at 80% power for 1 minute. Continue cooking in 20-second bursts at 80% power until the white is set and yolk is at your preferred doneness, 3 to 4 bursts total.
- 3. Serve immediately

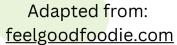
Roasted Chickpeas

INGREDIENTS

4 SERVINGS 40 MIN

- 1, 15 oz can chickpeas, drained and rinsed
- 1 tablespoon olive oil
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- Salt and pepper, to taste







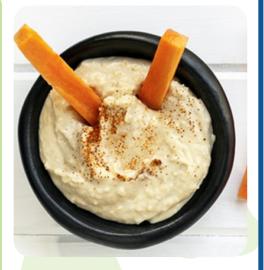
- 1. Preheat the oven 425°F. Line a baking sheet with parchment paper and set aside.
- 2. Rinse the chickpeas over a colander. Using paper towels, dab them to dry them.
- 3. Transfer the chickpeas to the baking sheet, add olive oil, cumin, paprika, salt and pepper, and toss until the chickpeas are well coated. Then spread the chickpeas out in a single layer over the baking sheet. Bake chickpeas in the preheated oven for 30-35 minutes, tossing halfway through.
- 4. Eat immediately while they're warm, or allow to cool and then store in an airtight container to enjoy later.

Chickpea Dip

INGREDIENTS

- 3 teaspoons minced garlic
- ¼ cup plain, low-fat yogurt
- 1 tablespoon lemon juice
- 1 teaspoon cooking oil
- ¼ teaspoon salt
- ¼ teaspoon paprika
- 1/8 teaspoon black pepper
- 1, 15oz can chickpeas, drained and rinsed





Adapted from: myplate.gov



- 1. Place all ingredients in a food processor or high-powered blender and blend until smooth.
- Serve at room temperature with crackers, carrots, or other dipping vegetables.

Macaroni Chickpea Soup

INGREDIENTS

• 3 ½ cups low-sodium chicken broth

- 1 cup water
- 1 ¾ cup dry macaroni noodles
- 1 cup low-sodium stewed tomatoes
- 1 cup green beans
- 1, 15oz can chickpeas, drained and rinsed
- ½ teaspoon onion powder
- ½ teaspoon oregano
- ¼ teaspoon garlic powder



4 SERVINGS
15 MINUTES



Adapted from: myplate.gov

- 1.In a large saucepan, bring broth and water to a boil. Reduce heat to low once at a boil.
- Add macaroni, oregano, and onion powder. Simmer for 4 minutes, stirring occasionally.
- 3. Add stewed tomatoes, green beans, chickpeas, and garlic powder.
- 4. Simmer 5 minutes, or until macaroni and beans are tender.