

# 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](http://feelgoodfoodie.net)



## PROCEDURE

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](http://thekitchn.com)



## PROCEDURE

1. Preheat oven to 350°F. Place the sweet potatoes on a foil-lined 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](http://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](http://thekitchn.com)



## PROCEDURE

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



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



## PROCEDURE

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
- ⅛ teaspoon black pepper
- 1, 15oz can chickpeas, drained and rinsed

4 SERVINGS

15 MINUTES



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



## PROCEDURE

1. Place all ingredients in a food processor or high-powered blender and blend until smooth.
2. 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](https://myplate.gov)



## PROCEDURE

1. In a large saucepan, bring broth and water to a boil. Reduce heat to low once at a boil.
2. 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.