Looking for the best ways to use chickpeas? From falafel and hummus to salads and sheet pan dinners, these 15 Easy Chickpea Recipes will make dinner planning a breeze! Chickpeas, aka garbanzo beans, are one of my favorite plant-based protein sources. You’ll always find a can or two in my cupboard! They’re cheap, they require minimal prep, and they are a great source of protein. I think most of us think “hummus” and “falafel” when we think about chickpea recipes – and both of those dishes are amazing! – but there are so many other options. Chickpeas are a small but mighty ingredient, one them can elevate dishes from nay to yay and if you’re using canned chickpeas, there’s hardly any prep to them. You can literally just drain, rinse, and add them to salads and other dishes! One of the reasons that chickpeas are such a versatile ingredient is that they have a very mild flavor – much lighter than other beans. They do have a slightly earthy taste but in general, their flavor comes from whatever seasonings and other ingredients you cook them with. And now, without further ago, my favorite garbanzo bean recipes for every occasion! Subscribe to my weekly email newsletter for a FREE and you'll get the latest meal ideas & new recipes every week! Please check the following to indicate you would like to receive emails from Skinnytaste. We use Mailchimp as our marketing platform. By clicking below to subscribe, you acknowledge that your information will be transferred to Mailchimp for processing. Learn more about Mailchimp's privacy practices here. You can unsubscribe at any time by clicking the link in the footer of our emails. Stay up to date wherever you are!