Looking best ways use chickpeas falafel hummus salads sheet pan dinners 15 Easy Chickpea Recipes make dinner planning breeze Chickpeas aka garbanzo beans one favorite plant-based protein sources ’ always find two cupboard ’ cheap require minimal prep great source protein think us think “ hummus ” “ falafel ” think chickpea recipes – dishes amazing – many options Chickpeas small mighty ingredient one elevate dishes nay yay ’ using canned chickpeas ’ hardly prep literally drain rinse add salads dishes One reasons chickpeas versatile ingredient mild flavor – much lighter beans slightly earthy taste general flavor comes whatever seasonings ingredients cook without ago favorite garbanzo bean recipes every occasion Subscribe weekly email newsletter FREE 'll get latest meal ideas new recipes every week Please check following indicate would like receive emails Skinnytaste use Mailchimp marketing platform clicking subscribe acknowledge information transferred Mailchimp processing Learn Mailchimp 's privacy practices unsubscribe time clicking link footer emails Stay date wherever