look best way use chickpea falafel hummu salad sheet pan dinner 15 easi chickpea recip make dinner plan breez chickpea aka garbanzo bean one favorit plant-bas protein sourc ’ alway find two cupboard ’ cheap requir minim prep great sourc protein think us think “ hummu ” “ falafel ” think chickpea recip – dish amaz – mani option chickpea small mighti ingredi one elev dish nay yay ’ use can chickpea ’ hardli prep liter drain rins add salad dish one reason chickpea versatil ingredi mild flavor – much lighter bean slightli earthi tast gener flavor come whatev season ingredi cook without ago favorit garbanzo bean recip everi occas subscrib weekli email newslett free 'll get latest meal idea new recip everi week pleas check follow indic would like receiv email skinnytast use mailchimp market platform click subscrib acknowledg inform transfer mailchimp process learn mailchimp 's privaci practic unsubscrib time click link footer email stay date wherev