



Chickpea Dip

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 10 servings | Serving Size: 2 Tablespoons

Ingredients

1 (15oz) can chickpeas (garbanzo beans)
drained and rinsed

4 Tablespoons water

2 Tablespoons olive oil

1 Tablespoon lemon juice

1 garlic clove

3/4 teaspoon ground cumin

1/4 teaspoon salt

Directions

1. Add chickpeas, water, olive oil, lemon juice, garlic, cumin, and salt to food processor or blender.
2. Process until smooth and creamy.

Recipe Notes

- Chickpeas are a rich source of fiber, B vitamins, and Iron. A chickpea is in the legume family and is very versatile. The superfood can be ground into flour, added to salads, soups, stews, or used as a meat substitute.
- Dried chickpeas are easily available and budget friendly.
- Enjoy chickpea dip using pretzels, fresh veggies, crackers, or use it to make a sandwich and on top of salads.

Nutrition Facts Per Serving: Calories: 80 | Total Fat: 3 g | Saturated Fat: 0 g
Sodium: 180 mg | Total Carbohydrate: 11 g | Dietary Fiber: 2 g | Protein: 3 g

Submitted by Meg Green MS, RD, CSP, LD
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Roasted Chickpeas

Prep: 5 minutes | Cook: 25 minutes | Total: 30 minutes

Yield: 8 servings | Serving Size: 1/4 cup

Ingredients

- 1 can chickpeas, drained and rinsed
- 1 Tablespoon olive oil or spray olive oil
- 2 teaspoons Mrs. Dash

Directions

1. Preheat oven to 400 degrees. Line baking sheet with parchment paper.
2. Place chickpeas on cooking sheet. Add oil and seasoning tossing until evenly coated.
3. Place in oven to cook for 25 minutes. Stir or shake chickpeas every 7-10 minutes to cook evenly.
4. For a crispy snack, serve warm or for a tasty chewy treat, serve once cooled.

Recipe Notes

- Being full of fiber, Chickpeas can increase the feeling of being full and also digestive health.
- Be creative with flavors. Try garlic and parmesan for an Italian taste or add chili powder with cayenne pepper for a spicy kick!

Nutrition Facts Per Serving: Calories: 73 | Total Fat: 3 g | Saturated Fat: 0 g
Sodium: 151 mg | Total Carbohydrate: 10 g | Dietary Fiber: 3 g | Protein: 3 g

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