

DID YOU

KNOW?

FEBRUARY IS CHICKPEAS MONTH

CHICK PEAS

FACT #1

Chickpeas, also known as garbanzo beans, are a type of pulse. Pulses are the dry seeds that can be eaten of plants in the legume family. Other types of pulses include dry beans, dry peas, and lentils.

FACT #2

Have you ever tried hummus? If so, did you know it is made from chickpeas? There is a debate over where hummus originated. This debate has resulted in a food battle to achieve the largest serving of hummus. The Guinness World Record is currently held by Lebanon for making a 23,042 pound plate of hummus.

FACT #3

Did you know that you can get protein from plants and animals? Chickpeas are an example of a plant-based source of protein. When we eat a variety of protein foods we can provide our body with a better range of nutrients.

CHICKPEA SALAD

Makes 5 servings • 1/2 cup

INGREDIENTS:

2 ¾ CUPS OF CANNED CHICKPEAS, DRAINED AND RINSED
2 TBSP OF CHOPPED RED ONION
3 CLOVES OF GARLIC, MINCED
1 TOMATO, CHOPPED
2 TBSP OF DRIED PARSLEY
3 TBSP OF OLIVE OIL
SALT AND PEPPER TO TASTE

DIRECTIONS:

COMBINE CHICKPEAS, RED ONION, GARLIC, TOMATO, PARSLEY, AND OLIVE OIL IN A LARGE BOWL.
SEASON WITH SALT AND PEPPER TO TASTE.

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

| | VEGETABLES | FRUITS |
|---------------------|--------------|--------------|
| Children, Ages 4-8 | 1 ½ cups | 1 - 1 ½ cups |
| Children, Ages 9-13 | 2 - 2 ½ cups | 1 ½ cups |
| Teens, Ages 14-18 | 2 ½ - 3 cups | 1 ½ - 2 cups |