

CHICKPEAS



Did you know?

Canada is one of the top exporters of chickpeas in the world. Alberta and Saskatchewan are the main areas of the country that grow chickpeas.

Choosing them

They can be bought **dried** or **in cans**.

Canned chickpeas are the quickest option because they're **ready to use**.

Dried chickpeas are **less expensive**, but have to be **soaked** overnight and then cooked for 2 to 3 hours.

Good to know!

Since whole chickpeas are **firm** and **round**, they can be a choking hazard for kids under 4. To reduce the risk, **purée** or **squash with a fork** before serving.



Why we like them

They can be eaten cold or hot, and are delicious in vegetarian, Mediterranean, Asian and Indian foods.

Tip to reduce waste

You can freeze leftover cooked chickpeas. Put them in the freezer in **one-cup portions**. That way you can defrost only what you need.

5 ways to use them

- Short on time? Round off a **salad** or **soup** by adding chickpeas. Instant nutritious meal!
- **Hummus** (chickpea purée) served on crackers or as a dip is a complete and tasty snack.
- Add chickpeas to your **stews** and serve with couscous, rice or potatoes.
- Chickpeas that are **dry roasted** in the oven, with herbs and spices, are delicious and a good substitute for popcorn.
- Mix chickpea flour with other flours when making desserts like **cookies** or **fritters**. It adds flavour and protein!

Storing them

Dried chickpeas will keep up to **1 year** in a closed container that's kept away from light. Once cooked, chickpeas must be eaten within **3 days**.