



CHICKPEAS

Chickpeas can be used in just about any recipe! Canned chickpeas are already cooked and ready to use! But if you have dry chickpeas on hand, cut down on prep time by cooking a batch and storing in the fridge or freezer to add to receipes all week long.

INGREDIENTS

- Chickpeas
- Water

HOW TO STORE:

- Dry Chickpeas
 - Store time: up to 1 year
- Canned Chickpeas
 - Store time: several years
- Cooked or canned chickpeas (opened and in refrigerator)
 - Store time: up to 5 days
- Cooked chickpeas (freezer)
 - Store time: 6 months

PROCEDURE: SOAK AND COOK

01

SOAK YOUR CHICKPEAS:

Overnight Soak: Use three cups of cold water for each cup of chickpeas, let stand for 8-24 hours and drain.

Quick Soak: Use three cups of cold water for each cup of chickpeas, boil 2 minutes, remove from heat, cover and let stand for one hour, drain.

02

Combine chickpeas and water, bring to a boil.

03

Simmer for 1.5-2 hours





CHICKPEAS

Chickpea Sliders

PROCEDURE: STOVETOP & OVEN

INGREDIENTS

- 1 can chickpeas
- 1/2 cup cheese
- Water
- 1 tsp lemon juice
- 2 tsp oil
- 2 tbsp flour
- 1/4 cup green onions
- 1 egg
- 2 tsp salt & pepper
- 1 tsp garlic
- 6 mushrooms

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01

Preheat oven to 400. Add 1 tsp oil to a large pan over medium heat. Add onions and mushrooms and sauté for 5 minutes. Add 1 tsp salt, 1 tsp pepper, and lemon juice. Sauté for 2 more minutes. Remove from pan and set aside to cool.

02

Add chickpeas to a medium bowl and mash with a fork until broken down. Stir in egg and mash till combined. Stir in mushroom mixture, cheese, garlic, 1 tsp salt, and 1 tsp pepper.

03

Slowly sprinkle in flour and mix till well blended. Form into patties. Place patties on a baking sheet and refrigerate for 10 minutes.

04

Add 1 tsp of oil to a pan over medium-high heat. Add chickpea patties, in batches, and cook for 4-5 minutes per side. Remove from pan and place on a paper towel to drain off excess oil. Serve with your favorite burger toppings!



CHICKPEAS

Chicken Thighs with Roasted Chickpeas

PROCEDURE: STOVETOP & OVEN

INGREDIENTS

- Chicken thighs
- Salt/Pepper
- 2 cloves garlic
- 1 can chickpeas
- 1 head kale
- 4 tbsp oil
- 1 tsp cumin
- 1/2 tsp cayenne
- lemon

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01

Preheat oven to 400 and line a baking sheet with foil. Rinse and pat dry 4 chicken thighs. Season with salt, pepper, and garlic. Set aside.

02

Add chickpeas and kale to bowl. Drizzle with 1 tbsp oil and sprinkle salt, black pepper, cumin, and cayenne. Mix to coat. Place on baking sheet and roast for approx. 7 minutes or until crispy.

03

While kale and chickpeas roast, add 1 tbsp oil to a large pan over medium heat. Once hot, place chicken thighs skin side down in pan. Cook 4-5 minutes per side, or until skin is crispy, and internal temperature reaches 165. Serve chicken thighs with roasted kale, chickpeas, and lemon wedges. Enjoy!