






Did you know?

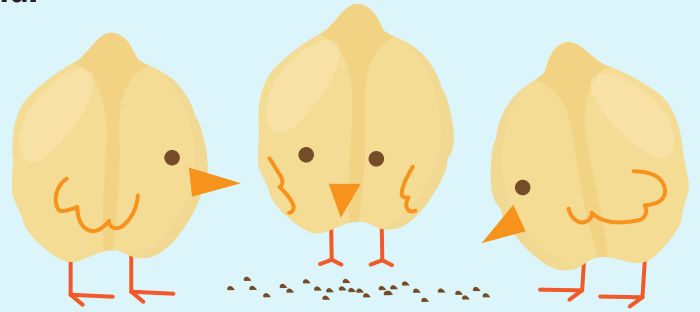
 The chickpea, also known as a garbanzo bean, is the most widely consumed legume in the world.

 There are many ways to consume chickpeas. They are a great topping for your salad, you can roast them for a snack, or make hummus or falafel.

 90 million tons of chickpeas are produced each year.

 India is the greatest producer and exporter of chickpeas in the world.

 Chickpeas have lots of fiber which means that your body doesn't digest it all, and what's left acts as a broom to 'sweep' out your digestive system.



CHICK PEAS

JOKE

Two chickpeas are walking down the street when one chickpea gets sick. The other chickpea asks "Are you okay?"

The chickpea answers, "No, I falafel."

Parents, This month in the cafeteria we are sampling chickpeas. Chickpeas, also known as garbanzo beans, are high in protein and fiber, which makes them a filling food. Chickpeas are a good source of plant based protein, which has a variety of health benefits, ranging from weight management to bone health. Roasted chickpeas are a tasty, inexpensive snack for kids! You can season them with any spices or seasonings that your family enjoys.

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

RÉCIPE

Roasted Chickpeas

Ingredients

- 1-15 ounce can chickpeas
- 1 tablespoon of olive oil
- 1 teaspoon salt
- ½ teaspoon garlic powder

Directions

Preheat the oven 375°F.

Drain and rinse chickpeas under running water. Pat dry with a kitchen towel.

In a medium bowl, whisk olive oil, salt, and garlic powder. Add chickpeas and toss until coated with oil.

Spread chickpeas out on a sheet pan. Roast for 50-55 minutes until brown and crunchy, stirring half way through.

Allow chickpeas to cool before serving.

