

# TRENDS AND INSPIRATION FOR CHICKPEAS



## What are chickpeas?

Chickpeas, also known as garbanzo beans, are legumes that originated in the Middle East.<sup>1</sup> They have a satisfying, nutty flavor and a buttery texture, and they're most commonly found in hummus, falafel, and salads. From Southern Asia to the Philippines to Portugal, people have been using chickpeas, chickpea flour, chickpea paste (hummus), and other chickpea products as a healthy, versatile ingredient for generations.

Like other beans, chickpeas are great source of protein and fiber. They also contain many vitamins and minerals.

## Chickpeas on Menu

American consumers are familiar with seeing chickpeas in the form of hummus and falafel, with both dishes being common in grocery stores and restaurants.

Chickpeas can be found on 16.2% of menus, and 84% of the US population is familiar with chickpeas.<sup>2</sup>

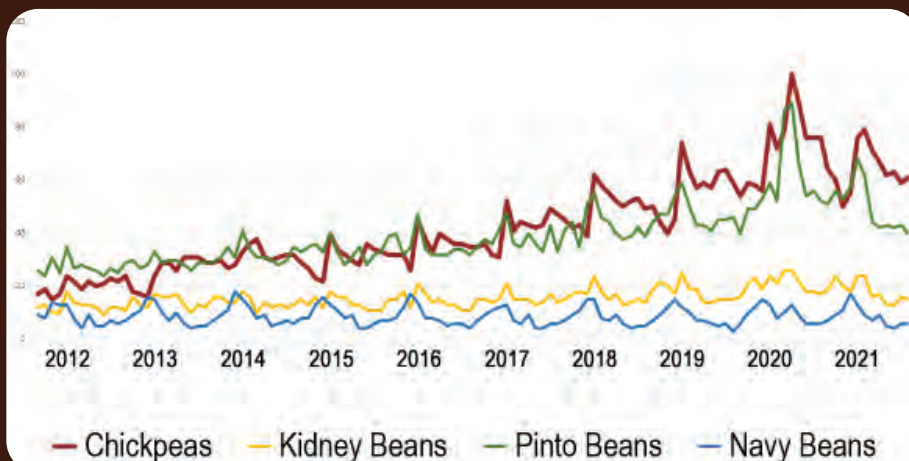
Now that consumers are used to hummus, they're interested in trying whole chickpeas in pastas, soups, and salads.

Source 1: Bell, Susan. "The Small But Mighty Chickpea." 2015

Source 2: NRN's "Flavor of the Week: Chickpea..." July 2021

Source 3: Google Trends. September 2021

*Chickpea popularity has been increasing over the past 10 years, and they've become one of America's most-Google'd beans.<sup>3</sup>*



*Try this Chicken & Chickpea Masala Recipe >>*

# CHICKPEA MENU IDEAS

## ROASTED RED PEPPER HUMMUS

USE ON: Pita Wraps (pictured), Sandwiches, quesadillas, salads

### INGREDIENTS

¾ cup chopped, jarred roasted red peppers  
1-15 oz. can chickpeas  
¼ cup fresh lemon juice  
¼ cup tahini  
1 small garlic clove, minced  
1 tbsp extra virgin olive oil  
½ tsp cumin, ground  
Salt, to taste

### METHOD

In a food processor bowl, combine tahini and lemon juice. Process for 1 minute. Scrape the sides and bottom of the bowl and then process for 30 more seconds.

Add the olive oil, minced garlic, cumin, and a 1/2 teaspoon of salt to the whipped tahini and lemon juice. Process for 30 seconds, scrape the sides and bottom of the bowl, and then process for another 30 seconds or until well blended.

Open, drain, and rinse the chickpeas. Add half of the chickpeas to the food processor and process for 1 minute. Scrape sides and bottom of the bowl, and then add remaining chickpeas and process until thick and quite smooth - 1 to 2 minutes.

Add the roasted peppers and continue to process for 1 to 2 minutes or until smooth. If the hummus is too thick or still has any bits of chickpea, with the food processor on, slowly add 1 to 3 tablespoons of water until you're happy with the consistency.

Taste for salt and adjust as needed.



Make your own  
Mediterranean Pita  
Wrap!

### Filling Suggestions:

- [Sliced/Diced Chicken](#)
- Hummus
- Cucumber
- Tomato
- Spinach
- Olives
- Red Onion
- Feta Cheese
- Tzatziki Sauce
- Yogurt Sauce

Hummus is a  
healthier alternative  
to mayo and ranch!



## ROASTED CHICKPEAS

USE IN: Salads, Stews, Pastas

### INGREDIENTS

1 can (15 oz.) chickpeas  
Olive oil  
Salt

### METHOD

Preheat oven to 425°F.

Drain and rinse chickpeas.

Spread the chickpeas on a kitchen towel and gently pat them dry. Discard any loose skins from the outside of the chickpeas.

Transfer chickpeas to a parchment-lined baking sheet and toss them with a drizzle of olive oil and generous pinches of sea salt. Spread evenly on the baking sheet.

Transfer the baking sheet to your oven and roast until crispy. This can take 20-30 minutes.

Remove the oven and, while the chickpeas are still warm, toss with pinches of your favorite spices.

Try making a Mediterranean Chicken Salad with sliced chicken and roasted chickpeas!

### Topping Suggestions:

- [Sliced/Diced Chicken](#)
- Roasted Chickpeas
- Radish
- Marinated Beets
- Baby greens
- Olives
- Red Onion
- Feta Cheese
- Bell Peppers
- Cucumber
- Parsley
- Vinaigrette