



## **USE CHICKPEAS TO SERVE POPULAR MEDITERRANEAN FOODS**

Introduce some attention-grabbing meals on your menu by serving new Mediterranean-inspired dishes. By adding chickpeas to salads, wraps, and stews, you can give tired menu items a tasty new twist.

Chickpeas, a.k.a. "garbanzo beans," are legumes that originated in the Middle East as a staple of Mediterranean cuisine before becoming a favored ingredient across the globe. Their healthy, satisfying flavor and versatility are a welcome addition to any menu.

For inspiration, our chefs combined chickpeas with great tasting Brakebush chicken, and the results were delicious! Read on to learn more about these healthy ingredients and get recipes for Chicken and Chickpea Masala, Mediterranean Chicken Salad, and a Red Pepper Hummus Pita Wrap.



Do you have patrons on the Mediterranean Diet? [Try this Mediterranean Farro Bowl recipe!](#)

## WHY CHICKPEAS?



- They're rich in protein, which is crucial for strong bones, skin, and muscles.
- They're a great source of fiber, potassium, iron, B vitamins, and magnesium, which all support heart health.
- Calcium and iron in chickpeas help strengthen bones.<sup>1</sup>

## CHICKPEAS + CHICKEN!

Combine the health benefits from chickpeas with those of chicken:

- Chicken is high in protein but low in calories.
- Chicken is rich in vitamins B6 and B12, which are key for energy production and brain health.<sup>2</sup>

## MENU INSPIRATION

Do you know how to roast chickpeas, how often they're found on menus, or how popular they are? Use the button below to find out, plus get our chef-inspired chicken and chickpea recipes.

**TRENDS & RECIPES**

INTERESTED IN THESE PRODUCTS OR  
IDEAS? -->

**CONTACT US**

Source 1: Medical News Today's "What are the benefits of chickpeas?" 2019.

Source 2: Healthline's "Is Chicken Healthy? Nutrition, Benefits, and Tips." 2020.