



The Geneva School

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CHICKPEAS

Today students in grades 2-6 had a chance to taste chickpeas, also called garbanzo beans,



served in a salad and as hummus with pita bread.

Chickpeas are in the legume family, are a plant protein, and are a rich source of the following minerals: iron, copper, zinc, and magnesium. Naturally high in fiber, chickpeas help to reduce cholesterol levels to protect from heart disease and help to regulate blood sugar levels. This little bean also contains the mineral molybdenum, which helps to detoxify sulfites, commonly used as a preservative in lunch meats, wine, and in fresh foods served in public areas.

Available as a dried bean or pre-cooked in cans, chickpeas are versatile and easy to add to your family's meals in salads, soups, chilis, and curries.

Mrs. Guzman's Chickpea Salad

- 1 can (15 oz.) chickpeas, drained and rinsed
- 1 cup edamame (thawed)
- 1/2 red pepper, chopped
- 1/2 yellow pepper, chopped
- 1/2 green pepper, chopped
- 3 carrots, chopped
- 1/2 cup dried cranberries
- 1/4 cup extra-virgin olive oil
- 1/3 cup white vinegar
- 1-2 garlic cloves, minced
- 1 tsp. each: salt, pepper, cumin, sugar, rosemary, and basil

- Mix above together in a large bowl and refrigerate overnight.

Serves 6-8

Mrs. Cloke's Hummus

- 12 oz. dried chickpeas
- 1/4 tsp. baking soda
- 2 cloves garlic, chopped
- 1 tsp. kosher salt
- 1/4 cup freshly squeezed lemon juice
- 1/4 cup tahini, stirred well
- 1/4 tsp. cayenne pepper
- 1/2 tsp. cumin
- 3 Tbsp. extra-virgin olive oil, plus extra for serving

- Cook chickpeas. The best way to cook the chickpeas is in a slow cooker. Place chickpeas and baking soda with 6 cups of water in the slow cooker, and cook on low for 8-9 hours. Drain the cooked chickpeas, reserving 1 cup of the cooking liquid, and let them cool. If you don't have a slow cooker, boil dried chickpeas in a pot until soft, about 1 1/2 hours.
- Place cooled chickpeas, chopped garlic, and salt in the bowl of a food processor. Process for 15-20 seconds. Stop, scrape down the sides of the bowl, and process for another 15-20. Repeat until the beans are smooth.
- Add the lemon juice and enough of the reserved cooking liquid to make a soft paste. Process until you have the desired consistency.
- Add tahini, cayenne pepper, and cumin. Process and scrape sides of bowl until well blended.
- With food processor running, slowly drizzle in the olive oil.

Serve in a bowl and drizzle with additional oil.

Tasty Friday is funded by a grant from the Winter Park Health Foundation. Thank you to our parent volunteers who have worked with TGS Nurse's Clinic to make today's event a success.

