



## Recipes Using Garbanzo Beans (Chickpeas)



Orange Spice Garbanzo Bars



Garbanzo Bean Chocolate Torte



Simple Roasted Chickpea Snack



Easiest Falafel



Chicken with Garbanzo Beans



Jalapeno Hummus

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## Jalapeno Hummus

### You will need:

1 cup garbanzo beans, drained	1/3 cup canned jalapeno peppers, drained and sliced; reserve juices	
3 tbsp. plain Greek yogurt	3 cloves garlic, minced	2 tbsp. lemon juice
1/2 tsp. ground cumin	1/2 tsp. chili or curry powder	crushed red pepper to taste

### Instructions:

- In a blender or food processor, mix the beans, yogurt, peppers, reserved pepper juice, garlic and lemon juice.
- Season with the cumin, curry or chili powder, and crushed red pepper. Blend until smooth.

## Simple Roasted Chickpea Snack

### You will need:

1 (15 oz.) can garbanzo beans, rinsed and drained	2 tbsp. olive oil	1 tbsp. ground cumin
1 tsp. garlic powder	1/2 tsp. chili powder	1 pinch salt
1 pinch ground black pepper	1 dash crushed red pepper	

### Instructions:

- Preheat oven to 350 degrees F. Whisk all the ingredients except the garbanzo beans together.
- Add garbanzo beans and toss to coat. Spread into a single layer on a baking sheet.
- Roast in the preheated oven. Stir every 5 minutes until browned and crispy, about 35 - 45 minutes.

## Easiest Falafel

*(Falafel is a Middle Eastern dish of spiced and mashed garbanzo beans formed into balls or patties and deep fried. It is usually eaten in pita bread and/or with a spicy sauce.)*

### You will need:

1 (15 oz.) can garbanzo beans, drained	1/4 cup chopped onion	1/4 cup olive oil
1/2 cup bread crumbs; add more if needed	2 tbsp. dried parsley	1 tbsp. lemon juice
1 tbsp. cumin, chili, <b>OR</b> curry	1 tbsp. garlic powder	1/2 tsp. black pepper
1/2 cup oil for frying or as needed	3 tbsp. mayonnaise, (optional)	1/2 tsp. sriracha, (optional)
2 tsp. lemon juice (optional)	1 tsp. garlic powder (optional)	

### Instructions:

- Place drained garbanzo beans, 1/4 cup bread crumbs, onion, 1/4 cup olive oil, garlic and chili powders, lemon juice and black pepper in a food processor or blender. Puree until coarse crumbles form.
- Blend in more bread crumbs if too moist. Form mixture into patties or golf-sized balls.
- Place patties or balls on a plate. Coat with bread crumbs. Heat oil in a skillet over medium heat.
- Pan or deep fry mixture until crispy, about 3 min. on each side. Remove from pan. Top with parsley.
- Mix mayonnaise with sriracha sauce, lemon juice and garlic to make a dip. Serve with falafel.

## Chicken with Garbanzo Beans

### You will need:

1 (15 oz.) can garbanzo beans, drained	2 tbsp. paprika	1 $\frac{1}{2}$ tsp. salt
$\frac{3}{4}$ tsp. black pepper	$\frac{1}{2}$ tsp. garlic powder	$\frac{1}{4}$ tsp. oregano
2 lb. chicken thighs; bone-in, skin-on	1 medium onion, thinly sliced	2 tbsp. olive oil
1 lemon, juiced and zested	$\frac{1}{4}$ chopped fresh cilantro o parsley	

### Instructions:

- Preheat oven to 350 degrees F. Stir together paprika, salt, garlic powder, pepper and oregano.
- Place the chicken thighs in a bowl and toss completely with the spices. Refrigerate for 1 hour or more.
- Place thinly sliced onions in the bottom of a casserole dish large enough to hold the chicken and beans.
- Toss with about 1 tsp. of olive oil and spread out in an even layer at the bottom of the dish.
- Add the garbanzo beans, lemon juice, lemon zest and remaining oil to the bowl with the chicken.
- Toss to coat the chicken evenly with the mixture. Arrange the chicken pieces evenly in the casserole.
- Arrange the beans between the chicken pieces. Bake for 30-45 minutes.
- Remove from oven when chicken is completely cooked and tops are browned.
- Sprinkle with fresh chopped cilantro or parsley. Add more salt and pepper to taste.

## Garbanzo Bean Chocolate Torte

### You will need:

1 (15 oz.) can garbanzo beans, drained	1 $\frac{1}{2}$ cups semisweet chocolate chips	4 eggs
$\frac{3}{4}$ cup white sugar	$\frac{1}{2}$ tsp. baking powder	frosting of choice

### Instructions:

- Preheat oven to 350 degrees F. Grease a 9-inch round cake pan or use a mini muffin pan with liners.
- Place chocolate chips in a micro-wave safe bowl.
- Cook in microwave oven for about 2 minutes. If you have a powerful microwave, reduce power to 50%.
- Stir every 20 seconds until chocolate is melted and smooth. Set aside.
- Combine the beans and eggs in the bowl of a food processor. Process until smooth.
- Add sugar and baking powder and pulse to blend. Pour in the melted chocolate. Blend until smooth.
- Scrape down corners to make sure chocolate is completely mixed. Transfer mixture to cake pan.
- Bake 30 - 49 minutes in preheated oven or until toothpick comes out clean. Dust with sugar when cool.
- Bake for 12 - 14 minutes if making (48) mini cupcakes. Frost with favorite chocolate frosting.

## Orange Spice Garbanzo Bars

### You will need:

1 (15 oz.) can garbanzo beans, drained	2 tsp. ground cinnamon	$\frac{1}{2}$ tsp. ground cloves, optional
3 eggs, beaten	$\frac{1}{2}$ cup white sugar	2 tsp. baking powder
1 orange, zested and juiced		

### Instructions:

- Preheat oven to 350 degrees F. Grease an 8-inch square cake pan or line with parchment paper.
- Process garbanzo beans in a food processor until smooth or mash with a fork until smooth.
- Add cinnamon and cloves and pulse until combined.
- Add eggs, sugar, baking powder and orange zest. Process until just combined.
- Stir orange juice into garbanzo mixture. Pour batter into prepared pan.
- Bake in preheated oven until toothpick inserted comes out clean about 30 - 40 minutes.
- Remove from cake pan and cool completely on a wire rack before frosting.
- Optional - Frost with cream cheese and butter frosting. Top with chopped with walnuts.