

## Marvelous Beans: Garbanzo/Chickpeas

Chickpeas are high in fiber, protein, and healthy fats and have a low Glycemic Index. Potential benefits of chickpeas include helping control blood sugar, manage weight, and support heart and gut health. The liquid from the canned or cooked beans, called aquafaba, can be used as an egg or dairy substitute. The dry beans can be preserved in bulk long term using dry ice or oxygen absorbers. <https://youtu.be/Ct18THw4w-M>

RRH videos relative to garbanzo beans

- *Preserving Garbanzo Beans* <https://youtu.be/F9rEpSztPdQ>
- *No More Eggs! (explores uses of aquafaba)* [https://youtu.be/7\\_pEzf406UA](https://youtu.be/7_pEzf406UA)
- *Gluten Free Egg Free Bread (uses aquafaba)* <https://youtu.be/aKFLoqt3r3s>
- *Make Hummus Using Fast Beans* <https://youtu.be/IZevRakCHCw>

### Roasted Garbanzo Beans

For snacking or use instead of croutons on a salad

1¾ cup cooked garbanzo beans or 1 15-oz can, drained and rinsed

1 tbsp cornstarch

½ tsp chili powder

½ tsp garlic powder

1 tbsp olive oil

1 tsp salt

¼ tsp smoked paprika

Combine spices and cornstarch in a small bowl and set aside. Add beans to a medium bowl and toss with oil. Sprinkle with spices and toss again. Place in air fryer or on a parchment-lined baking sheet at 425°F and cook until golden brown and crispy.

Note: Try these on Caesar salad—your own recipe or this one:

[https://www.loveandlemons.com/wprm\\_print/42209](https://www.loveandlemons.com/wprm_print/42209)

### Chickpea and Celery Soup with Chili-Garlic Oil

<https://www.punchfork.com/recipe/Chickpea-and-Celery-Soup-with-Chile-Garlic-Oil-Bon-Appetit>

### Garbanzo Salad Sandwich

Advance preparation:

Prepare lettuce leaves as desired for 2 sandwiches.

Slice desired amount of cucumber, carrots, radishes and avocado for 2 sandwiches.

Split 2 seeded and savory bagels and spread lightly with whole grain mustard.

Rinse and pat dry a handful of microgreens or sprouts.

Garbanzo filling:

1 can chickpeas, rinsed and drained

¼ cup chopped Italian parsley

¼ cup chopped fresh dill

2 tbsp whole grain mustard

1-2 tbsp mayonnaise

Salt and pepper to taste

Gently mash beans with a fork and mix in remaining ingredients until well-combined. Spread bagel bottoms with a generous helping of filling and layer with lettuce, the garbanzo mixture, and sliced veggies as desired. Top with a layer of microgreens or sprouts and place bagel top.

RoseRed Homestead "Marvelous Beans" video series. Click on the Beans playlist link located here: <https://www.youtube.com/c/RoseRedHomestead>