



Try it Tuesday:

Garbanzo Beans

Every Tuesday, we challenge you to try a new food! For each new food, there are three different activity levels. Each level gets harder as you go: Cook, Sous Chef, and Head Chef. Give it your best shot and be sure to share your picture on Facebook, Instagram, and Twitter. Tag @CHEFSanAntonio and we just might share your photo!

Cook Challenge:

Try Garbanzo beans (also known as Chickpeas): you can cook dried beans or canned. Share a picture or video of you trying the food and challenge friends on Facebook, Instagram, or Twitter to do the same. Be sure to tag @CHEFSanAntonio!

Sous Chef Challenge:

Choose one of the CHEF recipes below and make it with your family! Share a photo of the recipe on Facebook, Instagram, or Twitter and tag @CHEFSanAntonio!

Hummus: <https://bit.ly/2L313gB>

Greek Chickpea Salad: <https://bit.ly/2A6Hx0F>

Head Chef Challenge:

Create a recipe on your own using this week's new food, Garbanzo Beans. Share your recipe and photo on Facebook, Instagram, or Twitter and be sure to tag @CHEFSanAntonio for a chance to be our featured CHEF of the week!

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