

TRY IT TUESDAY: CHICKPEAS



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.

Health Benefits of Chickpeas:

- Plant-based source of protein.
- High fiber.
- Supports blood sugar regulation.
- Aids in digestion.
- Can help lower cholesterol.
- Promotes cardiovascular health.



Cook Challenge:

- Try chickpeas (also known as garbanzo beans). Brainstorm ways you could include chickpeas in your diet.



Sous Chef Challenge:

- Visit chefs.org/recipes and choose one of our recipes featuring chickpeas. Make the recipe at home and enjoy with your family!
 - Greek Chickpea Salad
 - Chickpea Salad with Broccoli and Avocado
 - Hummus
 - Curry in a Hurry



Head Chef Challenge:

- Create your own recipe using chickpeas!