

# 5

# Things

to do with a can of...

# Chickpeas

1

Add 1 cup of chickpeas to spaghetti sauce instead of ground beef. The substitution will lower the fat while adding fiber.

2

Add a cup of chickpeas to any green salad or pasta salad... it tastes great and adds protein and fiber without increasing fat!

3

Make a delicious hummus. In a blender or food processor, combine 1 can of drained and rinsed chickpeas with 2 tbsp both tahini and olive oil, juice squeezed from ½ lemon, and salt and pepper to taste. Add water, 1 tbsp at a time until desired consistency is achieved and serve with whole-wheat toasted pita bites.



4

When eating a quick can of soup for lunch, add ½ can chickpeas to increase protein by 7 grams.



5

Roast them! Drain and rinse 1 or 2 cans of chickpeas and coat them with a little bit of olive oil and your favorite seasonings (1 teaspoon of Worcestershire and Tabasco sauce and 2-3 tablespoons of cumin work nicely). Bake them at 375 °F for 1 hour. Chickpeas should come out crunchy and delicious.



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# 5

# Things

to do with a can of...

# Black Beans

1

Include  $\frac{1}{3}$  cup of black beans in your morning omelette to add an extra 5 grams of protein to get you ready for the day!

2

Mix  $\frac{1}{2}$  cup of black beans into 1 cup of your favorite salsa. Add some cilantro and a squeeze of fresh lime juice for a tasty low-fat, high fiber party dip.



3

Use  $\frac{1}{2}$  cup of black beans in addition to your usual quesadilla fillers.  $\frac{1}{2}$  cup will add 7.5 grams of fiber to your meal, curbing cravings for snacking later on.



4

Make a delicious fresh chutney by mixing 1 cup of black beans with 1 cup chopped avocado, some chopped cilantro and 1 tablespoon of lemon juice. Serve with grilled or roasted chicken for an extra boost of fibre and disease-preventing antioxidants.

5

Add 1 cup of black beans to 3 cups cooked rice, the combination makes a complete protein with complementing amino acids from both.



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