

Health Tip of the Month

Global Garbanzo Beans!

Garbanzo beans, or **chickpeas**, are enjoyed around the world. Inexpensive and easy to use, these beans are high in protein and fiber, and fit into vegan and gluten free diets.

Their nutty taste and firm texture make them a delicious choice for simple hot or cold recipes.



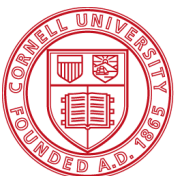
Make your own chickpeas and rice, hummus, chickpea curry, or chana masala for your next family meal.

Chickpea Curry Chana Masala

- ◆ Sauté a chopped onion and some fresh grated garlic and ginger with a little vegetable oil.
- ◆ Add a chopped tomato.
- ◆ Season with coriander powder, cumin powder, chili powder and turmeric. Don't add too much.
- ◆ Simmer on low heat for a few minutes and stir often so everything mixes well and cooks together.
- ◆ Rinse and drain a small can of chickpeas and add them to your mixture.
- ◆ Cook on a low heat for 5 to 7 minutes.



Top with cilantro. Serve with rice, roti or pita.



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