**INGREDIENTS**

- Chickpeas
- Water

**HOW TO STORE:**

- Dry Chickpeas
  - Store time: up to 1 year
- Canned Chickpeas
  - Store time: several years
- Cooked or canned chickpeas (opened and in refrigerator)
  - Store time: up to 5 days
- Cooked chickpeas (freezer)
  - Store time: 6 months

**PROCEDURE:**

**SOAK AND COOK**

01 **SOAK YOUR CHICKPEAS:**
- Overnight Soak: Use three cups of cold water for each cup of chickpeas, let stand for 8-24 hours and drain.
- Quick Soak: Use three cups of cold water for each cup of chickpeas, boil 2 minutes, remove from heat, cover and let stand for one hour, drain.

02 Combine chickpeas and water, bring to a boil.

03 Simmer for 1.5-2 hours
CHICKPEAS
Chickpea Sliders

PROCEDURE: STOVETOP & OVEN

01 Preheat oven to 400. Add 1 tsp oil to a large pan over medium heat. Add onions and mushrooms and sauté for 5 minutes. Add 1 tsp salt, 1 tsp pepper, and lemon juice. Sauté for 2 more minutes. Remove from pan and set aside to cool.

02 Add chickpeas to a medium bowl and mash with a fork until broken down. Stir in egg and mash till combined. Stir in mushroom mixture, cheese, garlic, 1 tsp salt, and 1 tsp pepper.

03 Slowly sprinkle in flour and mix till well blended. Form into patties. Place patties on a baking sheet and refrigerate for 10 minutes.

04 Add 1 tsp of oil to a pan over medium-high heat. Add chickpea patties, in batches, and cook for 4-5 minutes per side. Remove from pan and place on a paper towel to drain off excess oil. Serve with your favorite burger toppings!

INGREDIENTS
- 1 can chickpeas
- Water
- 2 tsp oil
- 1/4 cup green onions
- 2 tsp salt & pepper
- 1 tsp garlic
- 6 mushrooms
- 1/2 cup cheese
- 1 tsp lemon juice
- 2 tbsp flour
- 1 egg

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CHICKPEAS
Chicken Thighs with Roasted Chickpeas

PROCEDURE: STOVETOP & OVEN

01 Preheat oven to 400 and line a baking sheet with foil. Rinse and pat dry 4 chicken thighs. Season with salt, pepper, and garlic. Set aside.

02 Add chickpeas and kale to bowl. Drizzle with 1 tbsp oil and sprinkle salt, black pepper, cumin, and cayenne. Mix to coat. Place on baking sheet and roast for approx. 7 minutes or until crispy.

03 While kale and chickpeas roast, add 1 tbsp oil to a large pan over medium heat. Once hot, place chicken thighs skin side down in pan. Cook 4-5 minutes per side, or until skin is crispy, and internal temperature reaches 165. Serve chicken thighs with roasted kale, chickpeas, and lemon wedges. Enjoy!

INGREDIENTS
- Chicken thighs
- Salt/Pepper
- 2 cloves garlic
- 1 can chickpeas
- 1 head kale
- 4 tbsp oil
- 1 tsp cumin
- 1/2 tsp cayenne
- lemon

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- Cooked chickpeas (freezer)
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STORE TIME:
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- Canned Chickpeas: several years
- Cooked or canned chickpeas (opened and in refrigerator): up to 5 days
- Cooked chickpeas (freezer): 6 months