

3 EASY STEPS TO

Cook Chickpeas

A nutrient powerhouse, chickpeas are iron-rich, high in folate and easy to prepare.



1. 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.



2. Combine chickpeas and water, bring to a boil.



3. Simmer for 1.5-2 hours.



For every cup of chickpeas, use 2 cups of water.



1 cup dry =
2 ½ cups cooked

COOKING TIPS



Use unsalted water—salt toughens chickpeas during cooking.



Start the soaking process when you make your morning coffee. When you get ready to make dinner, your chickpeas will be ready to cook.



Once cooked, chickpeas can be refrigerated in their liquid for up to a week. Just drain and add to salads, soups or sides for a quick protein punch.

PULSES



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