



Connecting School Food to Curriculum & to New Jersey Farms

Chickpeas are the featured produce item for Garden State on Your Plate!

A Garden State on Your Plate Chickpea Tasting

To conduct your own Garden State on Your Plate Chickpea Tasting, begin with a taste of plain, cooked chickpeas, which you and family or friends can season with salt and a squeeze of lemon. Then taste roasted chickpeas (recipe, page 2), followed by traditional hummus (recipe, page 3). Note how roasting changes the flavor and texture of chickpeas. Consider other ingredients that could be used in hummus.

Chickpea Plant:

Although chickpeas are also called garbanzo beans, they are neither a pea nor a bean. Chickpeas are legumes, which means that, along with providing food for people, they can also feed and enrich the soil with nitrogen. Through a symbiotic relationship with microbes on its roots, the chickpea is part of a process that transforms atmospheric nitrogen into a form that can be used by plants. Chickpea plants use this nitrogen for their own growth and leave residual nitrogen in the soil, which can be used by subsequent crops.



Fresh Chickpeas in the Pod

can be eaten like edamame. Steam them in the pod and then pop them out of the shell for a quick snack. Fresh chickpeas can also be charred in their pods in a cast iron skillet and then salted and served. Let the pods cool slightly before handling.

Green Chickpeas, removed from the pod, can be prepared by boiling, steaming, stir frying, or roasting.

See Garden State on Your Plate photos on Facebook at www.facebook.com/psgcoop.org

A PROJECT OF THE PRINCETON SCHOOL GARDENS COOPERATIVE, PRINCETON PUBLIC SCHOOLS, AND METZ CULINARY MANAGEMENT WITH GENEROUS SUPPORT FROM THE BENT SPOON AND WHOLE EARTH CENTER

Roasted Chickpeas

Adapted from Suzy Karadsheh, <https://www.themediterraneanandish.com/roasted-chickpeas/>

With just 3 basic ingredients — chickpeas, extra virgin olive oil, and salt — this crisp chickpea recipe is endlessly adaptable, nutritious, and filling.

- | | |
|---|--------------------|
| 2 (15-ounce) cans chickpeas, drained and rinsed | 1 teaspoon za'atar |
| 3 tablespoons extra virgin olive oil | 1 teaspoon sumac |
| ½ teaspoon kosher salt | |



© Can Stock Photo / eyeblink

1. Drain and dry chickpeas very well, using paper towels. Spread on large baking sheet lined with paper towel for an hour or so.
2. Position a rack in the middle of the oven. Heat oven to 400°F degrees F (200°C).
3. Spread the chickpeas onto the baking sheet (do not line the baking sheet with parchment or foil.) Drizzle a generous amount of extra virgin olive oil and season with kosher salt. Toss chickpeas, ensuring they are well coated with the olive oil.
4. Roast for 20-35 minutes, until chickpeas turn a deeper gold brown and exterior turns crisp. Shake pan every 10 minutes or so for even cooking.
5. Remove from oven; immediately season with spices. Za'atar, sumac and harissa (up to 2 teaspoons each) create warm Middle Eastern and Moroccan notes. Or substitute other spices - paprika and/or cumin, for instance – or try gochujang (a Korean chili paste) and garlic powder, tasting often for the right balance. Refrigerate leftovers.

Ingredients that Go Well with Chickpeas

basil • bay leaf • bell peppers • carrots • cauliflower • celery
chilies • cilantro • citrus • coconut • coriander • couscous
cumin • curry spices • eggplant • feta • garlic • ginger • kale
lentils • mint • mushrooms • olives • onions • parsley
spinach • sumac • Swiss chard • tahini • tomatoes • yogurt

Words that Describe the Flavor, Color, and Texture of Chickpeas

bean-y • bland • buff-colored • buttery • chalky • creamy
earthy • golden brown • grainy • grassy • gritty • mealy
metallic • mushy • neutral • nutty • plain • rosy-beige
slightly sweet • smooth • soft • starchy • sunny-colored
sweet • tender • toothsome • vegetal • versatile

GARDEN STATE ON YOUR PLATE CHICKPEA FACTS

Chickpeas are one of the Eight Founder Crops that form the foundation of all agriculture, along with einkorn wheat, emmer wheat, barley, lentils, peas, bitter vetch, and either flax or linseed.

The oldest chickpeas found so far are from Syria, from 10,250 years ago. The chickpea found its way from Jericho in the Middle East, to Genoa in Italy via the Silk Road, the largest trading path of the ancient world.

There are two distinct types of chickpeas — desi and kabuli. The desi is a small, angular seed that comes in various colors. The kabuli is a larger seed that is typically light tan and round with a small beak.

Chickpeas are a whole planet crop! India grows, eats, and imports the most chickpeas. Australia exports the most, followed by Russia, India, and Mexico. Montana, Washington, Idaho, and North Dakota grow the most chickpeas in the United States.

The Moroccan Arabic word for chickpeas is *haymus!* Does that word sound familiar? That's because chickpeas are the main ingredient in hummus, the dip you have with carrot sticks and the spread on the veggie wraps in the school cafeteria.

Chickpeas are popular across the global food chain because they are easy to grow. They're in the legume category, so the plants create a fertilizer called nitrogen in the soil, rather than taking nitrogen away, as corn, wheat, and many vegetables do.

Chickpeas can be dried, or canned, or ground into flour, which are the main ways we can find chickpeas at the supermarket. You can even buy chickpea pasta and chickpea snacks. Canned and dried chickpeas will last a long time on the shelf.

Chickpeas are a good, and inexpensive, source of protein — much less expensive than meat and dairy products. Because they're high in protein and fiber, they're great for powering you through a day of classes and on the playground or sports.

Chickpeas can be eaten fresh or they can be dried and stored for later use. In areas where they grow a lot of chickpeas, like Mexico, India, and Africa, you can buy them raw, just like green beans or peas, during chickpea season.

Almost every language has a word for chickpeas because they've been around for a very long time. Chickpeas (English) are also called garbanzo (Spanish), *chana* or *Bengal gram* (Hindi), *chichepois* (French), *ceci* (Italian), *kichererbse* (German), *erebinthos* (Greek), *nahit* (Yiddish), *dengu* (Swahili), *shimbra* (Ethiopian), and *lablabi* (Turkish)



Garden State on Your Plate is a series of seasonal produce tastings in the cafeterias at Princeton Public Schools. The emphasis is on a New Jersey produce item, its growth requirements, the different ways it can be prepared, and how the flavor can be altered by the chef and the students. Students learn about farming, climate, and cooking, and they gain flavor power—the ability to personalize their item using salt and citrus. The tastings illustrate and amplify curriculum in the classroom, in the cafeteria, and in the district's Edible Gardens.



Founded in 2005, Princeton School Gardens Cooperative fosters garden- and food-based education in the classroom, cafeteria and community • PSGCOOP.ORG

Hummus

Adapted from Claudia Rosen, *A Book of Middle Eastern Food*

10–12 appetizer servings

Serve this dip alongside diagonally sliced carrots, celery sticks, red pepper crescents, and/or warm pita bread. Or use it as a sandwich filling, with lettuce, tomato, and thin-sliced red onion.

- 1 29-ounce can chickpeas, drained
- Juice of 1-1/2 lemons (about 5 tablespoons), or to taste
- 1/3 cup tahini (sesame seed paste), or to taste
- 1–2 cloves garlic, pressed or minced finely
- 1/3 cup extra virgin olive oil
- 1 teaspoon kosher salt
- Paprika
- Fresh parsley, finely chopped

Place chickpeas, lemon juice, tahini, garlic, olive oil, and salt into work bowl of food processor, or in large bowl. Process until mixture is smooth; alternatively use potato masher.

Drizzle with more olive oil; garnish with paprika and parsley, if desired. Refrigerate leftovers.

Butter Chickpeas

Melissa Clark, *The New York Times*, <https://cooking.nytimes.com/recipes/1020739-indian-butter-chickpeas>

4–6 servings

This fragrant stew, a vegetarian riff on Indian Butter Chicken, is spiced with cinnamon, garam masala and fresh ginger, and is rich and creamy from the coconut milk.

- | | |
|--|---|
| 4 tablespoons unsalted butter | 1 small cinnamon stick |
| 1 large onion, minced | 1 (28-ounce) can whole peeled plum tomatoes |
| 1½ teaspoons kosher salt, plus more to taste | 1 (15-ounce) can coconut milk |
| 4 garlic cloves, finely grated or minced | 2 (15-ounce) cans chickpeas, drained |
| 1 tablespoon grated fresh ginger | Ground cayenne (optional) |
| 2 teaspoons ground cumin | Cooked white rice, for serving |
| 2 teaspoons sweet paprika | ½ cup cilantro leaves and tender stems, for serving |
| 2 teaspoons garam masala | |

1. Melt butter in a large heavy-bottomed pot or Dutch oven over medium heat. Stir in onion and ½ teaspoon salt; cook until golden and browned around the edges, stirring occasionally, about 20 minutes. (Don't be tempted to turn the heat up to medium-high; keeping the heat on medium ensures even browning without burning the butter.)
2. Stir in garlic and ginger, and cook another 1 minute. Stir in cumin, paprika, garam masala and cinnamon stick, and cook another 30 seconds.
3. Add tomatoes with their juices. Using a large spoon or flat spatula, break up and smash the tomatoes in the pot (or you can use a pair of kitchen shears to cut the tomatoes while they are still in the can). Stir in coconut milk and the remaining 1 teaspoon salt. Bring to a simmer, and continue to cook for 10 minutes, stirring occasionally, and continuing to mash up the tomatoes if necessary to help them break down.
4. Stir in chickpeas and a pinch of cayenne if you like. Bring the pot back up to a simmer and cook, stirring occasionally, for another 10 minutes. Taste and add more salt if necessary.
5. Serve spooned over white rice, and topped with cilantro.

Collard Greens, Chickpea, + Lentil Soup

Nik Sharma, *The Flavor Equation* <https://leitesculinaria.com/290068/recipes-collard-greens-chickpea-lentil-soup.html>

Serves 4–6

Tamarind and tomato provide a sour backdrop for bitter greens and vegetables in this tangy soup. Soaking seeds and legumes in water changes their chemical composition and makes them more digestible. Add water to pot if needed during cooking.

½ cup (100g) red lentils	1 medium tomato (5 oz; 140g), diced
2 tablespoons extra-virgin olive oil	1 bunch collard greens (about 7 oz; 200 g), midribs removed, coarsely chopped
1 medium white or yellow onion (9 ¼ oz; 260g) diced	1 15 ½ oz (445g) can chickpeas, drained and rinsed
4 garlic cloves, peeled and sliced	1 quart (960ml) vegetable stock or water
1 inch (2.5cm) piece fresh ginger, peeled and grated	1 tablespoon tamarind paste
2 inch (5cm) piece cinnamon stick	Fine sea salt
1 teaspoon ground black pepper	2 tablespoons chopped flat-leaf parsley
½ to 1 teaspoon red chili powder	2 tablespoons chopped cilantro
½ teaspoon ground turmeric	Buttered bread or naan, for serving
2 tablespoons tomato paste	

1. Pick over the lentils for any stones or debris, rinse in a fine-mesh sieve under running tap water, and transfer to a small bowl. Cover with 1 cup (120 ml) of water and soak for 30 minutes.
2. Heat the olive oil in a large saucepan over medium high heat. Once the oil is hot, add the onion and sauté until translucent, 4-5 minutes.
3. Add the garlic and ginger and cook until fragrant, about 1 minute. Add the cinnamon, black pepper, red chili, and turmeric and sauté until fragrant, 3–45 seconds. Stir in the tomato paste and cook until it just starts to brown, 2-3 minutes
4. Stir in the diced tomato and collard greens and sauté until the leaves turn bright green, 1-2 minutes. Drain the soaked lentils and add along with the chickpeas and vegetable stock (or water).
5. Bring to a boil, lower the heat to a simmer, and cook until the lentils are tender and completely cooked, 25-30 minutes. Stir in the tamarind paste. Taste and season with salt. Before serving, stir in the chopped parsley and cilantro. Serve hot, with toasted slices of warm buttered bread or naan.

One-Pot Chickpea Tomato Peanut Stew (West African-Inspired)

adapted from the Minimalist Baker, <https://minimalistbaker.com/1-pot-chickpea-tomato-peanut-stew-west-african-inspired/>

Serves 4–6

A thick, creamy, dairy-free soup inspired by African Peanut Stew. This simple version is made with chickpeas, tomatoes, and peanut butter; complete the meal by serving over broccoli slaw, brown rice or a rice/quinoa/grain pilaf-style blend

2 tablespoons coconut, olive, or avocado oil	2-4 tsp chili-garlic sauce, or cayenne, to taste (start with ¼ teaspoon and add to taste)
1 medium red or white onion, diced	1 cup natural, salted peanut or almond butter, creamy or chunky
1 large red bell pepper, diced	2 cups coconut milk, regular or light
6 cloves garlic, minced	2 15-ounce cans chickpeas, drained (save the protein-rich liquid to add to soup if needed)
1 large pinch sea salt	2 cups water, depending on desired thickness
2 14-ounce cans diced tomatoes	Cilantro or basil, chopped, as garnish, if desired.
1/2 cup tomato paste	

1. Heat a large saucepan over medium heat. Once hot, add oil, onion, red pepper, garlic, and a large pinch of salt. Cook for 3-5 minutes, stirring frequently or until peppers and onions are softened.
2. Add the tomatoes and their juices, tomato paste, chili garlic sauce, peanut butter, coconut milk, and drained chickpeas. Stir to combine. Add water to cover—about 2 cups (480 ml).
3. Bring to a simmer, then lower heat, cover, and continue cooking at low simmer until slightly thickened and fragrant — about 15-20 minutes. Add reserved chickpea liquid or water if needed.
4. Taste and adjust seasonings as needed, adding salt to taste, additional peanut butter for depth of flavor and creaminess, chili garlic sauce for heat, or tomato paste for tomato flavor. Garnish with cilantro or basil as desired.
4. Store cooled leftovers covered in the refrigerator up to 3-4 days, or in the freezer up to 1 month. Reheat in the microwave or on the stovetop, adding more water or coconut milk to thin as needed.