



Garbanzo Beans

Chickpeas—or garbanzo beans—are an inexpensive source of both protein and fiber.

A round, tan colored legume, chickpeas are sold dried, canned and frozen. You may have eaten garbanzo beans without even realizing it! They are used in many popular dishes like falafel, curry and hummus.



Storage

Dried: Keep at room temperature in a closed container or bag.

Canned: Store unopened cans at room temperature. Once opened, transfer chickpeas to an airtight container and refrigerate for three to four days.

Roasted Garbanzo Beans

- 1 Preheat oven to 400°F. Spray a baking sheet with nonstick cooking spray.
 - 2 Drain and rinse 1 can (14-15 ounces) garbanzo beans. Blot dry with a paper towel.
 - 3 In a bowl, toss garbanzo beans with 1 tablespoon olive oil and 1 teaspoon seasoning of your choice (cumin, chili powder or garlic).
 - 4 Transfer garbanzo beans to baking sheet.
 - 5 Bake for 35–45 minutes, until browned and crispy.
- Store in an airtight container at room temperature.*



A 15-ounce can retails for as low as 60 cents!

Protein in a Hurry

Canned chickpeas are already cooked, making them a convenient option for busy days. After draining out the liquid, add canned garbanzo beans to salads in place of deli meat. Mix in with soups, stews and chili for extra protein.

Pick a better snack™



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Edamame

Edamame is a variety of a soybean. Soy protein is a complete protein. It contains all of the amino acids that our bodies needs, so it is comparable to meat.



Varieties

Edamame comes in two forms: in the **pod** or **shelled**. The pod itself is not edible. Open the side of the pod with your finger and you will find the whole soybeans or edamame inside. Take out of pod and eat! The shelled edamame has already been taken out of the pod and is ready to eat as is, or put into salads, soups, or mixed with other vegetables.

Selection and Storage

If you are buying frozen edamame (most common), make sure the package has no holes in it and is still frozen hard. Take home and put into the freezer until ready to use. If you find fresh edamame, make sure the pod is green and looks healthy.

Protein supplies our bodies with energy and repairs tissues!

Nutrition Facts:

- Cholesterol free
- High in protein
- High in fiber

Black Bean

Black beans grow inside pods on a vining or bush-like plant. You can purchase dry, uncooked black beans or canned black beans (which typically have salt added to them).

Selection and Storage

Choose **dried beans** or **canned beans with less sodium**. Select dried beans that are dry, firm, clean, uniform in color and not shriveled. Store dried beans at room temperature, in a closed container to protect from moisture and pests. Store canned beans at room temperature and use before date on can.

Uses

Black beans are perfect to use with any meal. Add beans to tacos, chili, salads, or even on top of nachos to add some protein and fiber to your snack! Make black bean burgers at home, beans and rice, or even serve black beans as a side dish.



Beans store great all year-round!

Nutrition Facts:

- Fat free
- Cholesterol free
- High in fiber
- High in folate