



Healthy Recipe



TACO CHICKPEAS

- 1 15.5 oz can garbanzo beans (chickpeas) 1 tbsp taco seasoning
Olive oil cooking spray

1. Preheat oven to 350°.
2. Drain beans and rinse in cold water.
3. Place beans in a bowl, sprinkle them with taco seasoning and lightly coat with cooking spray. Toss in bowl until beans are evenly coated with seasoning.
4. Place beans in a single layer on a cookie sheet. Place in oven, uncovered, and cook for 40-45 minutes, or until beans start to brown.

Serving Suggestions: Carry these with you for a quick and easy on-the-go snack. Use Taco Chickpeas as a crunchy addition to your salad. Add them to rice and pasta dishes.

Nutritional Information

Per serving (4 ½-cup servings in recipe):

Calories:	147	Vitamin A:	2%
Cal from Fat:	20	Vitamin C:	8%
Total Fat:	2 g	Calcium:	4%
Saturated Fat:	0 g	Iron:	9%
Cholesterol:	0 mg		
Sodium:	394 mg		
Carbohydrates:	26 g		
Fiber:	5 g		
Sugar:	0 g	Percent Daily Values are based on a	
Protein:	6 g	2000 calorie-per-day diet	

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