

Tinned Chickpeas

These little things are great and very versatile. You can add them to salads or add them to warm dishes or have them as a dish by themselves. Here are some ideas.

1. Add to dishes such as a stew or soup. They contain protein, and they are cheap so they can make any dish go further. They can be added to cottage pie, curries, moussaka, soups, stews or casseroles.
2. Add cold to salads – throw a handful on top of your usual salad.
3. Make a spicy chickpea soup or a vegetable and chick pea soup – a lovely filling soup for the winter.
4. Mash them with a little yoghurt and lemon juice to make a dip. Nice eaten with sliced vegetables or as a sandwich filling.
5. Add to wraps, flat breads and pitas as a tasty filling when mixed with other ingredients.
6. Roast them with a little oil for around 30 minutes, and then add herbs and spices such as paprika to make a healthy snack – best eaten on the day they are made.
7. You can even mix with some tinned tomatoes and spices to make some spicy chick peas on toast.
8. Make some homemade burgers – one tin of drained chickpeas, one egg, some herbs and spices e.g. paprika, three slices wholemeal bread (blitzed to breadcrumbs) or 100g fresh breadcrumbs. You could also add a handful of grated cheese. Whizz in a blender and shape into burgers. Fry in a frying pan for 3-4 mins on each side and then place in the oven to crisp up.