



# VEGETABLE OF THE MONTH: CHICKPEAS



## DID YOU KNOW?

- THEY ARE ALSO KNOWN BY THE NAME GARBANZO BEANS.
- THEY ARE HIGH IN PROTEIN AND LOW IN FAT!
- THEY ARE BELIEVED TO BE MORE THAN 7,500 YEARS OLD!
- THEY ARE A GREAT SOURCE OF ZINC, FOLATE, AND FIBER!
- GARBANZO BEANS (OR CHICKPEAS) ARE THE MOST COMMON LEGUME CONSUMED AROUND THE WORLD.