

Health Benefits of Chickpeas

Chickpeas are an excellent source of fiber, containing 16 percent of your daily needs in one half-cup serving. About one-third of the fiber in chickpeas is soluble fiber, making it a heart-healthy food. Studies have shown that people who eat fiber rich diets are at healthier weights and have a reduced risk of heart disease and cancer.

Chickpeas are also a good source of manganese and folate. They are also a very good source of magnesium, iron, copper, potassium, and thiamin.

Chickpeas, like other legumes, contain resistant starch that slows down the digestion of carbohydrates. Some resistant starch is not digested in the small intestine at all. At least one study has shown that replacing more rapidly-digested carbohydrates with legumes enhances glycemic control by improving insulin sensitivity in people with diabetes. Consuming foods high in resistant starch may also improve colon health, including promoting healthy bowel flora.

Hummus Soup

Tahini, high in metabolism-boosting protein and calcium, forms the base for this unusual broth. Chickpeas, like other beans, are also a good source of appetite-squashing fiber. Bonus: the vitamin C in lemon juice might help you burn more fat.

SERVINGS: 4

1 Tbsp olive oil
2 tsp cumin seed
1 onion, thinly sliced
4 cloves garlic, sliced
2 16-oz cans chickpeas, drained and rinsed
½ c tahini (sesame seed paste)
4 c low-sodium vegetable broth
3 Tbsp fresh lemon juice
Salt and pepper, to taste

- 1. SAUTE** the cumin seed in the olive oil in a large stockpot until fragrant and beginning to pop, about 1 minute. Add the onion and garlic and cook 5 to 7 minutes more, until the onion begins to soften. Add the chickpeas, tahini, and vegetable broth, and stir well.
- 2. BRING** the mixture to a gentle simmer (do not boil). Simmer, stirring occasionally, for 5 to 10 minutes.
- 3. REMOVE** soup from heat and stir in the lemon juice. Season with salt and pepper to taste. Serve warm.

NUTRITION (per serving) 414 cal, 13 g pro, 53 g carb, 12 g fiber, 2 g sugars, 18 g fat, 2 g sat fat, 707 mg sodium