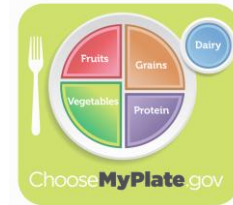


**Announcing  
Hampden-Wilbraham Regional School District's  
School Lunch Recipe Taste Testing Series!**

**First Recipe: Roasted Chickpeas**



Dear Families,

Starting in January 2014, your school's Food Service Advisory and District Wellness Committees will proudly implement a monthly School Lunch Recipe Taste Testing Series in an effort to broaden student experiences with a variety of flavorful foods, and the goal of integrating new recipes into school meals that both students will accept and meet the new USDA meal pattern. The recipes will highlight various nutrient dense foods that promote good health like orange/red vegetables, dark leafy greens, whole-grains and beans/legumes. Featured recipes will be sent home every month to see what your child sampled and for you to enjoy!

This month's recipe is a delicious side dish or salad garnish made from the nutrient powerhouse, chickpeas (also known as garbanzo beans) and subtly spiced with cumin, cayenne pepper and paprika. Chickpeas are a bean/legume, which are excellent sources of protein, similar to meats, poultry and fish, and essential nutrients like iron and zinc, which are vital to proper growth, blood health and immunity<sup>1,2</sup>. Chickpeas are also considered a vegetable, based on their high amounts of dietary fiber that can lower blood cholesterol, and other nutrients like folate, which is involved in red blood cell formation and metabolism, and potassium, which maintains healthy blood pressure<sup>3</sup>. We hope you try this tasty recipe at home!

### Roasted Chickpeas

1 15 ounce can of cooked chickpeas (garbanzo beans)  
1 Tbsp olive oil  
½ tsp paprika  
½ tsp ground cumin  
pinch (1/8 tsp) of red/cayenne pepper  
pinch (1/8 tsp) of table salt (optional – *nutrient facts below reflect no salt added*)

Preheat oven to 400° F. Rinse and drain the cooked canned chickpeas and dry slightly by spreading on a parchment lined baking sheet. Combine the oil, paprika, cumin, cayenne and salt in a medium-sized mixing bowl. Add chickpeas and toss to coat evenly. Transfer the chickpeas to a parchment lined baking sheet and spread them out into a single layer. Bake until golden and crispy, which should take 25-30 minutes. Shake the sheet pan occasionally during baking to promote even cooking. Let chickpeas cool for 5 minutes and serve!

Yield: 6, ¼ cup servings • Prep time: 10 min • Cooking time: 25-30 min • Price/serving: .06¢  
Per serving<sup>4</sup>: Calories: 82 • Total fat (saturated fat): 3.6 g (.4 g) • Sodium: 79 mg • Fiber: 3 g

<sup>1</sup> Beans and Peas Are Unique Foods. USDA Choose MyPlate.gov website: <http://www.choosemyplate.gov/food-groups/vegetables-beans-peas.html>. Accessed December 3, 2013.

<sup>2</sup> Protect Your Healthy with Immune-Boosting Nutrition. Academy of Nutrition and Dietetics Diseases, Allergies and Health Conditions website: <http://www.eatright.org/Public/content.aspx?id=6442475026&terms=zinc>. Accessed December 3, 2013

<sup>3</sup> Why Is it Important to Eat Vegetables? USDA Choose MyPlate.gov website: <http://www.choosemyplate.gov/food-groups/vegetables-why.html>. Accessed December 3, 2013.

<sup>4</sup> National Nutrient Database for Standard Reference Release 26. USDA ARS website: <http://ndb.nal.usda.gov/ndb/search/list>. Accessed January 3, 2014.