

Pick a better snack™

A family and community newsletter

CHICKPEAS

Chickpeas, also called garbanzo beans, are a low-cost veggie with lots of protein and fiber. You may have eaten them in popular dishes like falafel, curry and hummus. You can buy chickpeas dried or canned.

Roasted Chickpeas

15 ounce can chickpeas, drained and rinsed
1 tablespoon olive, canola or vegetable oil
1 teaspoon seasoning (cummin, garlic, or chili powder, etc.)

1. Preheat oven to 400 degrees F. Spray a baking sheet with nonstick cooking spray.
2. Drain and rinse one can chickpeas. Blot dry with a paper towel.
3. In a bowl, toss chickpeas with oil and seasoning of your choice.
4. Transfer chickpeas to the baking sheet.
5. Bake for 35-45 minutes, until browned and crispy. Store in an airtight container at room temperature.

Screen Time Tips

Screens are everywhere, and they can really capture our attention when the weather turns colder. One way to keep screen time in check is to create a media plan. Establish times and places where children can use screens, and look for opportunities where you could get moving instead.



SCAN ME



Why did the tomato get embarrassed?

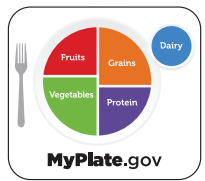
Because it saw the chick-pea!

le Fuel your fun. Eat fruits and veggies.

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MyPlate App

Have new food goals? Download the "Start Simple with MyPlate" app in your app store. It will help you set goals, learn healthy eating tips and stay motivated to make positive changes. Scan the code to learn more about the app and other MyPlate resources to help you develop a healthy eating routine.



SCAN ME

