

ounce for ounce, they have 1/3 less fat than tortilla chips

5 ideas for/CHICKPEAS

These unassuming legumes (a.k.a. garbanzo beans) boast a mild, nutty flavor that pairs well with a range of seasonings, from basil to curry to coriander. Use a 15-oz. canful, rinsed and drained well, for each dish

1 SHRIMP PESTO PASTA Cook 1 lb. fusilli 2 minutes less than minimum time that label directs, stirring occasionally. To pasta, add 1 lb. shelled and deveined shrimp; cook 2 minutes or until shrimp are opaque throughout. Drain pasta and shrimp; return to pot. Toss in chickpeas; $\frac{3}{4}$ c. pesto; 4 plum tomatoes, chopped; and $\frac{1}{4}$ tsp. each salt and pepper until well coated. Serves 4.

2 SPINACH & RAISIN SAUTÉ Soak 2 Tbsp. raisins in hot water. In 12-in. skillet, heat 2 Tbsp. olive oil on medium-high. Add chickpeas and $\frac{1}{2}$ tsp. pepper. Cook 4 to 5 minutes or until golden brown. Add 1 clove garlic, chopped; then add 1 bag (9 to 10 oz.) baby spinach and $\frac{1}{8}$ tsp. each salt and pepper. Cook 2 minutes or until just wilted, stirring. Drain raisins; stir into mixture. Serves 4.

3 EGGPLANT HUMMUS Pierce 1 lg. eggplant (1 lb.) all over with fork. Microwave, on plate lined with paper towels, on High 10 minutes or until very tender, turning over once. Cool. Cut in half; scoop flesh into food processor. Add chickpeas, 3 Tbsp. fresh lemon juice, 2 Tbsp. tahini, 1 clove garlic, and $\frac{1}{2}$ tsp. each salt and pepper. Process until smooth. Cover; refrigerate until cold. Makes $3\frac{1}{2}$ c.

4 CHICKEN & ZUCCHINI CURRY In 12-in. skillet, cook 1 lb. skinless, boneless chicken thighs, cut into $\frac{1}{2}$ -in. chunks, on medium-high 7 minutes or until browned, stirring often. Add chickpeas and 1 lb. zucchini, cut into $\frac{1}{2}$ -in. chunks. Cook 3 minutes or until zucchini is just tender, stirring. Add 2 Tbsp. no-salt-added curry powder and cook 1 minute, stirring. Stir in 1 c. mild salsa and $\frac{1}{2}$ c. water. Simmer, stirring, 4 minutes or until chicken loses its pink color. Serves 4.

5 SPICED MUNCHIES Preheat oven to 425°F. In jelly-roll pan, toss chickpeas with 2 Tbsp. vegetable oil, 1 tsp. ground coriander, $\frac{1}{4}$ tsp. cayenne pepper, and $\frac{1}{4}$ tsp. salt, then with 1 Tbsp. flour to coat. Roast 27 minutes or until golden and crisp, stirring once. Cool on paper towels. Makes 1 cup.

