

Food

The Estherville Daily News is proud to bring you the Food page every Tuesday. If you know anyone who should be featured on this page, please send their names and why you think they should be featured to: Managing editor, 10 N. Seventh St., Estherville, 51334 or editor@esthervilledailynews.com

GARBANZO BEANS

- by any other name ... they are

G-R-E-A-T!

By MARY ANN MENENDEZ

It's a bumpy little bean that is high in protein and has fed the masses for more than 7,500 years.

The garbanzo packs a healthy punch with its additional benefits of zinc, folate, dietary fiber and carbohydrates. This bean is known the world over by various names including chickpea, Indian pea, ceci bean, bengal gram, Chana Kabuli chana, Harbharaa, konda kadalai, kadale kaalu, sanaga pappu, shimbra and Kadala. The legume is low in fat and what little fat there is falls under the coveted polyunsaturated umbrella.

While most are familiar with green beans and kidney beans, some hesitate when the opportunity to taste the rest of bean spectrum is an option. Middle Eastern nations and those surrounding the Mediterranean Sea have had a love affair with garbanzo recipes. One of the more popular one to burst onto the American culinary scene in recent years is Hummus. With origins in the Middle East, Hummus is a thick spread made from mashed chickpeas, tahini, lemon juice and garlic. It is used as a dip for pita bread, crackers and assorted vegetables.

Maybe this tidbit of information will encourage you to give this legume a try - just 1/2 cup of cooked chickpeas contains 164 calories, 2.6 grams of fat, 7.6 grams of dietary fiber and 8.9 grams of protein. It also provides dietary calcium. This little nugget of a bean contains no cholesterol and provides magnesium and iron as well.

Garbanzos can be purchased dried or already processed in the canned goods section of the grocery store.

Garbanzo Medley

- 1 16-ounce can each:
- Green beans
- Peas
- Wax beans
- Garbanzo beans
- Kidney beans
- 1/2 cup each (chopped):
- Cauliflower
- Celery
- Onion
- Green pepper
- 1/4 cup chopped pimentos

Dressing:

- 1 and 1/2 cups sugar
- 1 teaspoon paprika
- 1 cup red wine vinegar
- Two-thirds cup olive oil
- 5 cloves garlic, peeled and minced
- 1/4 teaspoon hot red pepper flakes
- Salt and pepper, to taste

Drain canned ingredients and discard liquid. Place beans into a salad bowl. Stir in chopped vegetables. In a small bowl or blender, combine sugar, paprika, vinegar, garlic, hot pepper flakes and oil. Mix well; making sure sugar is totally dissolved. Pour over vegetables and stir. Season the mixture to taste with salt and pepper. Cover and refrigerate for at least 12 hours.

Mediterranean

Garbanzo Soup

- 1 pound mild Italian sausage
- 2 cloves garlic, minced
- 1 large yellow onion, chopped
- 1/2 cup chopped parsley
- 2 large carrots, thinly sliced
- 1 cup mushrooms, sliced thinly
- 1 can garbanzos
- 3 cups water
- 2 beef bouillon cubes
- 1/2 teaspoon rubbed sage
- Salt and pepper to taste

Remove casings from sausage and slice or crumble into bite-sized pieces. Cook sausage in a 3-quart saucepan over medium-high heat, stirring often, until meat is browned. Add garlic, onion, 1/4 cup parsley, carrots and mushrooms; cook, stirring frequently, until onion is limp. Add garbanzos (including liquid), water, bouillon cubes and sage. Bring to a boil, then lower heat and simmer, covered, until beans are hot and carrots are tender when pierced, about 10



minutes. Add salt and pepper to taste. Skim off and discard any excess fat. Garnish with remaining chopped parsley. Makes 3-4 servings.

Bean Pot Trio

- 1 pound ground beef
- 1 can pinto beans, drained
- 1 can garbanzo beans, drained
- 1 can black beans, drained
- 1 can tomato sauce
- 1 can tomato paste
- 1 onion, chopped
- 1/4 brown sugar

Brown ground beef and drain grease. Add rest of ingredients and mix. Cover and cook over very low heat 4 to 5 hours, stirring occasionally.

Garbanzo Stew

- 1/4 cup olive oil
- 1 onion, thickly sliced
- 3 large garlic cloves, chopped
- 1 (14.5 ounce) can stewed tomatoes, with juices
- 1 sweet potato, peeled, cut into 1/2-inch pieces
- 1 cup drained canned garbanzo beans
- 1 teaspoon dried rosemary, crumbled
- 1 medium zucchini, cut into 1/2-inch thick rounds
- 1/2 cup grated Parmesan cheese

Heat olive oil in heavy large saucepan over medium heat. Add sliced onion and cook until slightly softened, separating slices into rings, about 5 minutes. Add garlic and cook 1 minute. Add tomatoes with their juices, sweet potato, garbanzos and rosemary. Bring mixture to simmer, stirring occasionally. Cover and cook 5 minutes. Add zucchini. Cover and cook until sweet potato is tender, about 15 minutes. Season with salt and pepper. Divide stew between soup bowls. Top with Parmesan cheese and serve. Makes two servings and can be doubled.

Garbanzos and Noodles

- 6 ounces dry egg noodles
- 2 cups diced celery
- 2 cups broth
- 1 can condensed mushroom soup
- 1 small can button mushrooms
- 1 (14 ounces) can cooked garbanzos
- 2 tablespoons grated onion
- 1 teaspoon salt
- 2 tablespoons butter
- 1/2 cup bread crumbs
- 1 tablespoon oil

Prepare noodles in usual manner. Cook celery in small amount of water and save water. Pour broth into the celery water while hot. Place mushroom soup in oiled casserole with one can of water. Slightly brown mushroom slices in skillet with the vegetable oil. Add to casserole with garbanzos, celery, celery water, onion and salt. Mix and add noodles carefully. Stir crumbs into melted butter for topping casserole and bake at 350 degrees for 45 minutes to 1 hour.

Layered Salad

- 2 bunches loose spinach, well washed, stems trimmed

- 1 large red onion, thinly sliced
- 1 1/2 cups cubed Swiss cheese
- 6 slices bacon, cooked crisp, crumbled
- 1 can (15 and 1/2 ounces) garbanzo beans, drained
- 1/4 cup chopped pimento
- 1 large zucchini, shredded
- 1 large carrot, peeled and shredded
- Green garlic dressing, recipe follows

Put half of the spinach in the bottom of a 10-cup glass serving bowl. Layer onions, then cheese over spinach. Top with remaining spinach. Sprinkle crumbled bacon over spinach. Sprinkle drained garbanzo beans and pimento. Mix shredded zucchini and carrot; sprinkle over salad, covering top surface. Spread dressing over salad, covering top surface completely. Cover and refrigerate 8 hours or overnight. Serves 6.

Green Garlic Dressing: Combine three-fourths cup mayonnaise, 1/4 cup sour cream; 2 cloves garlic, minced; and 1/4 cup minced parsley. Mix until well blended.

Garbanzo Chicken Chili

- 1 pound boneless skinless chicken breasts cut into bite-sized pieces
- 1 cup chopped onions
- 1/2 cup chopped celery
- 1/2 cup chopped carrot
- 2 garlic cloves, minced
- 1 cup salsa
- 1 (28 ounces) can tomatoes, undrained, cut up
- 3 teaspoons chili powder
- 1 (8 ounces) can tomato sauce
- 1 (15 ounces) can garbanzo beans, drained
- 1 green bell pepper, chopped
- Salt and pepper to taste

Spray large pot with cooking spray. Heat over medium-high heat until hot. Add chicken, onion, celery, carrot and garlic; cook and stir until chicken is no longer pink. Stir in salsa, tomatoes, tomato sauce and chili powder. Bring to a boil; reduce heat. Cover; simmer 30 minutes, stirring occasionally. Stir in garbanzo beans and bell pepper; simmer until thoroughly heated. Season with salt and pepper to personal preference. Serves 6

Garbanzos in Citrus Sauce

- 1 can cooked garbanzo beans
- 1 teaspoon salt
- 2 cups water
- Juice of 1 lemon
- 1/2 cup chopped onions
- 4 tablespoons olive or vegetable oil
- Pepper
- 1 tablespoon flour

Cook chopped onions in oil until soft (do not brown). Add salt, pepper and water; boil for 15 minutes over moderate heat. Add drained garbanzos and cook for 5 minutes. Pour lemon juice into a small bowl. With a fork, stir in flour and beat until thick and smooth. Gradually add small amount of hot liquid from pot to lemon mixture, beating constantly to blend. Combine this lemon mixture with garbanzos and stir over low heat until slightly thickened.

Garbanzo Loaf

- 2/3 cup dry garbanzos
- 1 cup cooked tomatoes
- 1 small onion, cut in chunks
- 1 small clove garlic
- 1 tablespoon oil
- 1 teaspoon lemon juice
- 1 teaspoons salt
- 1 teaspoon chicken seasoning
- 1/4 cup chopped parsley
- 1/2 cup slivered almonds, lightly toasted
- 1 1/2 cups cooked brown rice

Soak garbanzos according to package directions and cook until tender. Drain garbanzos and mix in blender with the tomatoes, onion, garlic, oil, lemon juice and seasoning. Pour into bowl. Add remaining ingredients. Mix well. Put into prepared loaf pan. Bake at 375 degrees about 1 hour.

Garbanzo Patties

- 2 15-ounce cans chickpeas
- 1 1/2 cups quick oats
- 3 cloves garlic, minced
- 1 tablespoon chopped parsley
- Garlic and onion powder, to taste
- Pinch freshly ground black pepper
- 2 to 3 tablespoons vegetable oil
- Salt, to taste

Drain the chickpeas and reserve the liquid. In a blender, process the chickpeas with 1/2 cup reserved liquid. If the puree is dry, add more liquid, a tablespoon at a time, to achieve a smooth, thick paste. Place the chickpea puree in a mixing bowl and add the remaining ingredients except the oil. Mix well, adding additional water or oats as necessary to make a mixture that keeps its shape. Shape into 8 patties. In a heavy skillet, heat oil and fry patties until golden brown on each side, for a total of 20 minutes or so. Thinner patties will cook in less time.

Hummus

- 2 teaspoons chopped fresh parsley
- 1 cup dry chickpeas
- 3 cups water
- 1 clove garlic, minced
- 1/2 cup tahini (recipe follows)
- 2 tablespoons lemon juice
- 3/4 teaspoon salt

Soak chickpeas overnight. Add garlic and simmer for 2 to 3 hours until tender. Combine cooked chickpeas with other ingredients and puree all together in a blender or by mashing with a fork. This Middle Eastern specialty is good on sandwiches with lettuce and/or sprouts, and makes a good dip for crackers when thinned with 1/4 to 1/2 cup water. Drizzle with additional olive oil if desired. Sprinkle a few garbanzo beans on top.

Tahini

- 2 tablespoons sesame seeds
- 1/2 teaspoon sesame oil
- 1/4 teaspoon salt
- 1/4 cup tepid water

Place sesame seeds in a blender and grind until smooth. Add sesame oil and salt. Process until combined. With the motor running, add the water in a very slow, steady stream and blend until smooth.

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