



# Harvest of the Month



## Legumes

Legumes come in many sizes and shapes. Varieties of legumes include kidney, navy, pinto and lima beans, garden peas, chickpeas, garbanzos and black-eyed peas.

By the time of maturity, most legume fruits turn dry and hard.

Rich in protein and fiber, they are the perfect alternative for meat, and are vital for vegetarian, vegan and flexitarian cuisines.

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## Introducing New Tastes

Having a varied diet is critical for everyone's taste bud development. It is important to introduce new ingredients and flavors where possible. The food world is diverse, and ever evolving.

Going on a culinary journey with someone can help you engage with food outside your normal intake. Taste buds will change over time, you will regularly find new tastes and textures to like and dislike. It is never too late to try new foods.

### Ways to encourage new foods...

- **Get in the kitchen:** Handling and combining ingredients will help you understand the foods you eat and inspire you to be interested in the ingredients you use.
- **Try to offer a choice:** Choose between several different ingredients (include one familiar one). Or, try different forms of an ingredient, for example, raw fresh carrot and canned carrot. You will need to look, touch, smell and taste it.
- **Never force or bribe yourself to eat something:** For positive results, when trying something new, the atmosphere needs to be relaxed. Try to avoid using food as a reward system for unpleasant tasks, and do not force-feed something you do not like.

If you do not try new foods, you will never know that they exist. It does not have to be every meal, but your taste palate will be limited if you do not explore the options. There is an abundance of recipes out there to be tried from all over the globe. Start your new food journey today!

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**NUTRITION SNAPSHOT ~ 1 serving (6 oz):**  
180 calories, 6g total fat, 1g saturated fat  
0mg cholesterol, 8g protein, 25g carbohydrates  
441mg sodium, 7g dietary fiber

## HARVEST OF THE MONTH RECIPE—OCTOBER ~ featuring Legumes ~

### Spicy Roasted Chickpeas

**Yield: 4 servings**

*These crunchy, spicy bits are a healthy addiction!*

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| <p>1 can (15 oz) chickpeas, drained, rinsed</p> <p>1 Tbs olive oil</p> <p>1 tsp ground cumin</p> <p>1 tsp chili powder</p> <p>½ tsp cayenne pepper</p> <p>½ tsp salt</p> | <ol style="list-style-type: none"> <li>1. Preheat oven to 400°F (200°C).</li> <li>2. Carefully dry the chickpeas. Removing the skins is optional, and they will come off easily. The drier you get them, the crunchier they'll be!</li> <li>3. In a medium bowl, add dried chickpeas, olive oil, cumin, chili powder, cayenne pepper and salt. Toss well to coat evenly.</li> <li>4. Spread chickpeas out on a parchment paper-lined baking sheet. Roast for 15-20 minutes.</li> <li>5. Mix around on baking sheet and roast for additional 15-20 minutes, or until browned.</li> <li>6. Cool for 5-10 minutes.</li> </ol> |
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**Enjoy!**