

featured

recipe

**Chickpea Poppers**

Modified from a recipe from Food Hero

Serving size: 1/2 cup

Servings per recipe: 8

Kids and adults will like this crunchy, spicy snack!



**Ingredients & Instructions**

2 cans chickpeas (also called garbanzo beans), rinsed and drained  
1/2 tsp each of salt & pepper  
1 tsp each of onion & garlic powder  
1 tsp each dried parsley flakes & dill weed  
Cooking spray

1. Preheat oven to 400 degrees.
2. In a medium size bowl, mix the chickpeas with the seasonings.
3. Lightly spray a rimmed baking sheet with cooking spray. Pour chickpeas onto baking sheet and spread in a single layer. Spray tops of beans once more.
4. Cook 30-40 minutes. Gently shake and rotate pan every 10-15 minutes to ensure even browning. Cool before serving.

How do you keep your family hydrated during the active summer months?



Now that warm weather is here, what can you do to make sure your family stays hydrated with refreshing beverages, but not added calories?



To learn more about creating a kid friendly drink zone, go to [RethinkYourDrinkNY.org](http://RethinkYourDrinkNY.org)

- Have ready-to-go containers filled with water in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home.
- Add slices of lemon, lime, cucumber, or watermelon to water or sparkling water.
- Flavor water or sparkling water with a splash of juice.
- When you and your kids are out playing, be sure to have refreshing beverages close at hand that are low in sugar and satisfy thirst.

For more tips and recipes,  
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What are your favorite healthy beverages? Share your ideas on our Facebook ([flesny](https://www.facebook.com/flesny)) page!

*Mary Lee Bourbeau*

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