

# Quick Pickled Chickpeas

Culinary Medicine, Nutrition Services

Serves: 6 Serving Size: 2-3 tbsp

Equipment: small saucepan, small jar, measuring cups, strainer

## Ingredients

1 cup cooked or canned chickpeas, drained and rinsed

1/2 cup water

1/4 cup apple cider vinegar

1 tsp maple syrup

1/2 tsp salt

Optional spices: 1/4 tsp mustard seed, black pepper-corn, cumin seed, fennel seed, chili flakes

Optional additions: 1 clove garlic, lemon zest

## Instructions

1. Pack chickpeas into a clean glass jar.
2. In a saucepan, combine water, vinegar, maple syrup, salt, and any spices or additions. Heat on low and stir well to dissolve the salt.
3. Pour over chickpeas until they are submerged.
4. Allow to cool at room temperature, then refrigerate. They are ready to eat after 30 minutes and store for up to 1 week in the refrigerator, but are tastiest between Day 2 and Day 5.



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## Why We Like This Recipe

Zingy, crunchy, and lightly spiced, these quick-pickled chickpeas add brightness and balance to any fall plate. They bring acidity to rich dishes, crunch to soft ones, and a little surprise to every bite.

### Chef's Notes:

- Feel free to switch chickpeas for lentils, white beans, or edamame for variation. Add thinly sliced onions, radishes, or carrots for a more colorful pickle mix.

### Nutrition Notes:

- Pickling adds flavor and makes legumes easier on the gut. Chickpeas are also packed with fiber, folate, and plant-based protein.

### Gardener's Notes:

- Chickpeas aren't the best northern climate crops, but you can try this recipe with shelled green peas or young fava beans as a local twist.



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