

# Your Connection to Healthy Weight



Helpful, Healthy Information from  
**The Center for Bariatrics and Healthy Weight**



July, 2021

## Helpful Hints for You

Chickpeas (also known as garbanzo beans) are a great plant-based source of protein for those who may be cutting back on their meat consumption. Chickpeas also contain iron and are loaded with fiber.

- Chickpeas can be eaten alone as a healthy snack or as a topping for salad in place of croutons.
- When purchasing canned chickpeas, be sure to look for *no sodium added* or *low-sodium* versions. Always drain and rinse chickpeas before eating.
- You can also buy dried chickpeas and save extra money by cooking them yourself. Simply soak chickpeas in a large pot of water overnight. Then drain the water and refill with fresh water. Bring to a boil and then simmer until chickpeas are soft.
- Crispy, crunchy chickpeas (see recipe below) can be made using whatever spices and seasonings suit your taste. Adding fresh minced herbs such as cilantro, rosemary, oregano, or dill provides extra flavor and nutrition — with no added sodium!

## News to Use

### IN CELEBRATION OF CHICKPEAS!

The mild flavor of chickpeas allows them to be used in a variety of recipes, including dessert! Ever try chocolate hummus? It's a delicious sweet snack treat that can satisfy a sweet tooth as well as provide some much needed protein.

Try a homemade recipe or look for these brands available at most grocery stores:



Sabra Dark Chocolate  
Dessert Dip & Spread

2 Tbsp = 80 cals and  
1 g protein

Boar's Head Dark  
Chocolate Dessert  
Hummus

2 Tbsp = 80 cals  
and 1 g protein



## Upcoming Events

### FREE WEIGHT LOSS SEMINAR

Our informational seminar, led by Dr. Karleena Tuggle, Bariatric Surgeon and The Center's Medical Director, provides insight into the surgical options that may be right for you. View at: <https://www.southernregional.org/services/center-for-bariatrics-healthy-weight/online-seminar/>

Or call 770-897-SLIM (7546) for more information.

### WELLNESS WEIGH A WEIGHT LOSS SUPPORT GROUP "COOKING & PLANNING HEALTHY MEALS"

Thursday, July 15th; 6:30 pm  
Southern Regional Medical Center  
Center for Bariatrics & Healthy Weight

**RSVP in advance to  
770-897-7546 to reserve your spot!**

## Recipe of the Month

### Moroccan Baked Chickpeas

#### Ingredients

- 1 15-oz can chickpeas, drained and rinsed
- 1/2 tsp ground cumin
- 1/4 tsp ground cinnamon
- 1/2 tsp garlic powder
- 1/4 tsp ground ginger
- 1/4 tsp ground turmeric
- 1/4 tsp ground paprika (sweet or smoked)

**Makes 3 servings at 140 calories, 7 g protein, 23 g carbs, 2 g fat, 5 g fiber, 0 g added sugar.**

**Total Time: 45 minutes    Serving size: 1/2 cup**

#### Preparation:

##### Step 1

Preheat oven to 400°F. Line baking sheet with parchment paper.

##### Step 2

Drain and rinse the canned chickpeas. Mix all spices together in a medium bowl until they are blended.

##### Step 3

Add the chickpeas to the bowl and toss with spices until chickpeas are evenly coated.

##### Step 4

Spread the chickpeas on the baking sheet and bake for 40 minutes (or until crispy), stirring halfway through.



Southern Regional Medical Center