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**APPLY FOR
SNAP
TODAY**

If you need help with food, apply for SNAP today!

The Greater Boston Food Bank can help you apply for SNAP benefits. Contact us to find out if you are eligible, to apply, or for support on your existing case.

CALL:
(617) 598 5022

OR

VISIT:
GBFB.org/SNAP



What is SNAP?





The Supplemental Nutrition Assistance Program (SNAP) is our nation's largest federal nutrition program. SNAP helps people buy food, such as: fruits and vegetables, meat, poultry, fish, dairy products, breads, cereals, and other foods such as snacks.



The benefits are put on an electronic card similar to an ATM or bank card. You can use SNAP to shop for food online at Amazon, Aldi's and Walmart. In addition, you automatically become enrolled in the Healthy Incentives Program, which allows you to earn extra benefits at participating farmers markets.

Who is eligible?

If you are within the income limits below, you may be eligible to receive SNAP benefits.

Household Size	Gross Monthly Income Limit (before taxes or healthcare is taken out)
	\$2,147
	\$2,903
	\$3,660
	\$4,417
Each additional member	+\$757

SNAP and COVID-19

Starting Jan 2021, changes were made to SNAP to help people through this difficult time. Monthly benefits have increased, and all eligible households will receive the maximum benefits for their household size—**that's \$234/month for one person and \$782/month for four people.**

Pea and Parsley Hummus



Ingredients

- 1 cup dried green split peas
- 1 cup parsley, chopped, packed
- 2 tablespoons tahini
- 4 cloves garlic, peeled
- 1/4 cup olive oil
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper, ground

Directions

1. Sort and rinse split peas.
2. Add peas and water to a medium saucepan and bring to a boil. Reduce heat to low, cover, and simmer for 40 minutes, or until completely tender and all water is absorbed.
3. Cool the cooked peas for 10-15 minutes uncovered before beginning the hummus.
4. Add the parsley, tahini, garlic, lemon juice, salt, pepper, and peas to a food processor or high-speed blender. Have the olive oil on hand.
5. Start the blender or food processor and begin slowly streaming in the olive oil right away. You may need to use your blender's temper to push the hummus towards the blade, it will be thick! If using a food processor, stop the machine and scrape down the sides with a spatula as needed.
6. Continue streaming the oil and working the hummus into a creamy texture. Once it has reached your desired consistency, turn off the blender or food processor, and taste for seasonings. If it tastes salty, add extra lemon juice or parsley. If it's too tart, add extra salt or tahini.
7. Transfer the hummus to a serving bowl, and smooth it out with your spatula. Drizzle with olive oil, extra chopped parsley, a squeeze of lemon, a sprinkle of salt and cracked pepper, or any other toppings that call to you. Serve alongside fresh, seasonal vegetables.

Nutrition Facts

Pea & Parsley Hummus
Amount Per Serving

Calories 174		Calories from Fat 81
		% Daily Value*
Total Fat 9g		14%
Saturated Fat 1g		5%
Trans Fat 0g		
Polyunsaturated Fat 2g		
Monounsaturated Fat 6g		
Cholesterol 0mg		0%
Sodium 162mg		7%
Potassium 269mg		8%
Total Carbohydrates 19g		6%
Dietary Fiber 7g		28%
Sugars 2g		
Protein 7g		14%
Vitamin A		4%
Vitamin C		13%
Vitamin D		0%
Calcium		4%
Iron		11%

* Percent Daily Values are based on a 2000 calorie diet.

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Makes 4 servings

LOOKING FOR RECIPE INSPIRATION?

Check out Click 'N Cook®, our online recipe database at GBFB.org/clickncook



What Can You Do With ... Chickpeas?

Chickpeas, or garbanzo beans, are a versatile legume originating in the Middle East.

Choosing: If using canned chickpeas, look for low sodium or no salt added versions. You can also purchase dried chickpeas.

Storing: Unopened canned or dry chickpeas will last for years at room temperature. Once open, store dry chickpeas in an air tight container. Any unused canned chickpeas can be stored in the fridge for up to 5 days.

Preparing: Drain and rinse canned chickpeas. There are many ways to prepare dry chickpeas. Here's one of the easiest. Soak chickpeas in cold water overnight. Drain and rinse the chickpeas. Put them in a large pot with twice the amount of water as chickpeas. Bring to a boil. Lower heat, cover, and let simmer for an hour. Taste test to check for doneness.

Uses: Chickpeas can be eaten alone, used in salads or soups, or as a sandwich filling. Chickpeas are also the main ingredient in hummus.

Nutrition: Chickpeas are a vegetarian protein source. They are rich in fiber, folate, iron, and phosphorus.

Fun Fact: Roasted chickpeas have been used as a caffeine-free coffee substitute.

Chickpea and Cucumber Salad

Ingredients

- 2 bell peppers
- 1 English cucumber
- 1/2 bunch green onions
- 3 tbsp lemon juice
- 2 tbsp olive oil
- 1/2 cup tahini
- 4 cups mixed greens (or spinach, lettuce)
- 1 15.5 oz can reduced-sodium chickpeas



Directions

1. Drain and rinse the chickpeas. Seed and chop the peppers. Chop the cucumber. Trim and roughly chop the green onions.
2. To make the dressing: In a blender, purée the green onions, lemon juice, oil, and 5 tbsp water. Transfer to a medium bowl and whisk in the tahini until smooth. Season with salt and pepper to taste.
3. In a large bowl, toss the greens, chickpeas, cucumber, and peppers. Add desired dressing amount and toss until well combined

National Nutrition Month®

March is National Nutrition Month®, a time to focus on eating healthy foods that fit your lifestyle, culture, and preferences. Here are a few tips for each week:

Week 1: Eat a variety of nutritious foods every day

- Include foods from all food groups
- Take time to enjoy your food

Week 2: Plan your meals for a few days

- Look for healthy recipes at the beginning of the week
- Use a grocery list when getting food

Week 3: Learn skills to create tasty meals

- Have your kids help you in the kitchen
- Check out a YouTube video to learn a new technique

Week 4: Get nutrition advice from professionals

- Use websites like eatright.org to find nutrition info
- If you have questions or concerns about your diet try speaking with a dietitian



70 South Bay Avenue
Boston, MA 02118
Phone: 617-427-5200
E-mail: nutrition@gbfb.org
www.gbfb.org

Written by:
Rachel Caty, MPH, RDN, LDN



**Everyone has a role in ending hunger
in our community. SM**

March 2021

National Nutrition Month

National Celery Month

National Cereal Day

March 7

National Crunch Taco Day

March 21