

# Give Dry Peas, Lentils, and Chickpeas a Chance!

They're good for you and tasty, too!

Lentils have been found in Egyptian tombs from 2400 BC.

Lentils provide more fiber than any other legume.

Dry peas and lentils don't require soaking before cooking like other legumes and beans.

Dry peas are dried naturally in the sun and are split for faster cooking.

President Thomas Jefferson grew 30 different kinds of peas.

Dry peas, lentils, and chickpeas are filled with fiber, protein, iron, and vitamin C.

Chickpeas are shaped with a beak resembling that of a baby chick.

Dry peas, lentils, and chickpeas put healthy nutrients back into the soil.

Farmers grow over 600,000 acres of lentils each year in the United States.

Chickpeas are also called garbanzo beans.

