

Pan-Fried Curried Chickpeas

- This recipe is quick and flavorful. Curried chickpeas are great as a snack or in a bowl with rice and veggies.
- Did you know that chickpeas are packed with protein? 1/4 cup has almost 10 grams of protein!
- Missing one of the spices? Create your own flavor combination by mixing and matching spices. Try Lime and ginger, lemon pepper, cumin and chili powder, Italian seasoning, garlic and onion powder, smoked paprika, or even cinnamon and sugar
- Always add spices last to prevent the them from burning.

Nutrition Facts	
servings per container	
Serving size	(57g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	6%
Potassium 84mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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Servings: 8

Prep Time: 3 Minutes

Cook Time: 7 Minutes



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Ingredients:

- 1 can (15 ounce) chickpeas or garbanzo beans
- 2 Tablespoons coconut oil (or canola oil)
- 1/4 teaspoon salt
- 1 teaspoon curry powder
- 1/4 teaspoon cumin
- 1/8 teaspoon cayenne pepper

Directions:

1. Drain chickpeas in a colander and rinse with water
2. Pat chickpeas dry with paper towels
3. Melt coconut oil in a large sauté pan over medium-high heat. Add chickpeas and salt— Beware of oil popping!
4. Shake pan carefully to distribute the chickpeas evenly. Cook for a couple of minutes without stirring, then gently shake pan again or stir to turn chickpeas. Let them brown on the other side for 2-3 minutes.
5. Stir/shake every minute or so until most sides are brown and some of the chickpeas have split, about 7 minutes total.
6. Remove from heat and stir in the curry powder, cumin and cayenne pepper. Transfer to a plate lined with paper towels.
7. Allow to cool for 5 minutes, then serve.

Recipe Credit:

Adapted from Kitchen Treaty