

Oven Roasted Chickpeas

- Chickpeas, or garbanzo beans, are a plant based protein. Try roasted peas in place of croutons or serve them as the protein in a grain and veggie bowl.
- The key to having crisp **leftover** chickpeas depends on how dry they are before cooking.
- Use **1.5 cups of dry chickpeas** can be used in place of canned. Soak dry chickpeas over night, drain, then boil them for about 30 minutes before roasting.
- Save an extra pan and cook them with other meal components, like broccoli or sweet potatoes and cook at the same time. Check them for doneness each time you check the peas.

Nutrition Facts	
servings per container	
Serving size	(61g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 62mg	2%

*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.



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Servings: 8

Prep Time: 3 Minutes

Cook Time: 30 Minutes

Ingredients:

- 2 cans (15 oz.) chickpeas
- 1-2 Tablespoons olive oil
- 1 teaspoon salt
- 2-4 teaspoons of your choice:
 - fresh herbs
 - chili powder
 - curry powder
 - garam masala
 - cumin
 - smoked paprika
 - rosemary
 - thyme
 - Any other favorite seasonings!

Directions:

1. Heat oven to 400°F
2. Drain chickpeas in a colander and rinse with water
3. Toss them in a clean dish towel to remove extra water.
4. Place the dry chickpeas on a rimmed baking sheet and put them in the oven for 5 minutes to dry completely.
5. Pull them out, then **Drizzle** them with olive oil and salt, mix it all together, then spread them in an even layer.
6. Roast chickpeas for 10 minutes at a time, stirring or shaking the pan between each 10 minute turn, taking around 20-30 minutes total. Taste one for crispiness each time. It is normal for them to pop. They are done when golden brown in color. Look for them to be dry and crispy on the outside, and soft in the middle.
7. Remove pan from oven and sprinkle spices to coat the chickpeas evenly. Serve while still warm and crispy.

The chickpeas will lose their crunch as they cool, but you may enjoy their new chewy texture!

Recipe Credit:

Adapted From: the Kitchn