

# Roasted Chickpeas



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 4

**Prep:** 5 minutes | **Cook:** 30 minutes

## INGREDIENTS

- 1 (15 ounce) can chickpeas, drained and rinsed
- 1 tablespoon olive oil
- Seasoning of choice (see notes)

## DIRECTIONS

1. Preheat oven to 400°F.
2. Dry the chickpeas using a towel. Removing the skin is optional.
3. In a medium bowl, add dried chickpeas, olive oil, and seasoning. Toss well to coat evenly.
4. Spread chickpeas out on a parchment paper-lined baking sheet.
5. Roast for 10-15 minutes.
6. Mix around on baking sheet and roast for an additional 10-15 minutes, or until browned and crunchy.
7. Cool for 5-10 minutes before eating.

Seasoning Suggestions:

Spicy	1 tsp. cumin, 1 tsp. chili powder, 1/2 tsp. cayenne pepper, 1/2 tsp. salt
Ranch	1/2 tsp. dried thyme, 1/2 tsp. dried parsley, 1/2 tsp. onion powder, 1 tsp. dried dill, 1/2 tsp. garlic powder, 1/2 tsp. pepper
Maple Cinnamon	2 tbs. cinnamon, 1/4 tsp. sea salt, 2 tbs. maple syrup



Nutrition Information	
<i>Serving size: 1/4 of recipe with spicy seasoning</i>	
<b>Calories</b>	<b>105</b>
<b>Fat</b>	<b>2.5 g</b>
Saturated fat	0 g
<b>Sodium</b>	<b>80 mg</b>
<b>Carbohydrates</b>	<b>16 g</b>
Fiber	5 g
Sugars	3 g
<b>Protein</b>	<b>5 g</b>

Recipe source: Tasty