

ROASTED CHICKPEAS

These crave-able snacks really satisfy that urge to crunch. But chickpeas are full of protein and nutrients, so they give you lots of great energy too. Eat them by the handful or try them on a salad instead of croutons!

PREP TIME: 10 mins TOTAL TIME: 40 mins

SERVINGS 1 ½ cups

KITCHEN GEAR

- Can opener
- Paper towels
- Measuring spoons
- Rimmed baking sheet
- Spatula
- Pot holders or oven mitts

INGREDIENTS

- 1 can chickpeas (garbanzo beans), drained and rinsed
- 1 tablespoon olive oil
- 1 teaspoon salt
- ¼ teaspoon cayenne pepper

INSTRUCTIONS

1. Turn the oven on and set the heat to 400 degrees.
2. Put a layer of paper towels on the countertop and add the drained chickpeas. Roll them around to dry them.
3. Put the chickpeas, oil, salt, and cayenne (if you like) on the baking sheet and stir well
4. Once the oven temperature has reached 400 degrees, put the baking sheet in the oven. Bake until the chickpeas are crunchy and golden brown, about 25 to 35 minutes, stirring halfway through to make sure they cook evenly.
5. Remove them from the oven, set them aside to cool, then eat them right away or store them in a covered container for up to a day.

NOTES

Zing these up with a different spice, if you like, such as curry powder, chili powder, or cumin.

DID YOU KNOW?

Chickpeas and garbanzo beans are the same thing.