

Roasted Chickpeas

Ingredients

15 ounce – chickpeas (garbanzo beans), canned

1/8 teaspoon – salt

1 teaspoon – garlic powder

Directions

- Preheat oven to 375° F. First,
- Drain a can of chickpeas, also called Garbanzo beans, or start with cooked beans and rinse them well.
- Then, spread the beans out on a cookie sheet with foil (you could use parchment paper),
- Dry Garbanzo beans with a towel. You want these dry! The drier they are the better and crunchier they will turn out. Many people have trouble getting their beans to that “crunchy” stage, and they end up mushy. One thing to really help with that, is to make sure they are going into your oven without any water left on them.
- Then drizzle with olive oil, and if you choose, Parmesan cheese and salt.
- Arrange chickpeas in a single layer on a baking sheet and roast for 30-35 minutes, shaking the pan every ten minutes. They will be golden brown and crunchy on the inside when done, not moist. Watch carefully so they don't burn.
- If you'd like to make these with a variety of seasonings. You can make them spicy with some chili powder, you can make them sweet with some cinnamon sugar, or add some garlic salt, onion powder, etc.

Seasoning

- In a medium bowl, combine the salt and garlic powder.
- Remove chickpeas from the oven when done and spray with cooking spray. Immediately toss with seasoning while hot.
- Cool before serving.

Nutrition Facts

NUTRITION PER SERVING% DAILY VALUE

Calories: 95 5%

Fat: 1 g 2%

Carb: 16 g 5%

Fiber: 5 g 20%

Protein: 4 g 8%

Sugar: 0 g

To roast them, it's very simple.