

Healthy Family Table | Crispy Roasted Chickpeas

Prep Time: 5 minutes **Cook Time:** 35-40 minutes **Total Time:** 40-45 minutes **Serves:** 4 **Serving Size:** 5 Tbsp.

Here is a delicious, quick, and inexpensive snack! Oven roasted chickpeas are best served warm for a crunchy treat, but they are also pleasantly soft and chewy when cooled. Roasted chickpeas are great by themselves and on top of salads or soups. Chickpeas are full of fiber, protein, vitamins, and minerals.

What You'll Need:

- 1 (16 oz.) can chickpeas, drained and rinsed
- ½ Tbsp. olive oil
- *Optional: ¼ tsp. garlic powder, ½ tsp. ground cumin, ¼ tsp. ground cayenne pepper, 1 pinch ground black pepper, 1 pinch salt*

Directions:

1. Preheat oven to 450°F.
2. * In a bowl, toss chickpeas with olive oil and optional cumin, cayenne pepper, black pepper, and salt.
3. * Spread chickpeas in a single layer on a baking sheet.
4. Bake chickpeas in the oven for 35-40 minutes, stirring every 10 minutes until they are crispy. Watch carefully towards the end to prevent burning.

Notes:

- * Have kids help with these steps!
- Experiment with different spices and herbs in this recipe, such as onion powder, paprika, rosemary, thyme, or other favorites!

Nutritional information:

120 calories, 6g protein, 4g fat, 16g carbohydrate, 5g fiber, 155 mg sodium, 0mg cholesterol

Written by: Annabelle Ho, Graduate Student Dietitian at Framingham State University. Annabelle enjoys learning and sharing her knowledge about cooking, health, nutrition, and sustainability. In her spare time, she likes to bike, swim, and practice yoga.

May be Reproduced for Educational Use © 2016