

Chickpea Crunch

Makes 3 servings

1, 15 oz. can chickpeas
1 T Olive Oil
1/8 t salt

Optional:

1 t Mrs. Dash or
1/4 t cumin + 1/4 t chili powder or
1 T brown sugar + 1/2 t cinnamon or
Other herbs and spices as desired



Preheat oven to 400°F. Rinse and drain chickpeas in a colander. Spread chickpeas evenly on a foil lined sheet pan and roast for 15 minutes. Remove chickpeas from oven and toss with oil. Spread coated chickpeas on the same sheet pan and roast for an additional 10 minutes. Remove chickpeas once again and place in a bowl with salt and desired herbs and spices and return to pan roast for an additional 10 minutes. Chickpeas should be significantly more brown. Let cool slightly and enjoy.

Nutrition information per serving: 140 calories, 17 g carbohydrate, 7g fat, 6g protein, 200 mg sodium, 6g dietary fiber.

