

ROASTED CHICKPEA RECIPES

Eat as a snack or toss into a trail mix or salad as a crunchy mix-in!

Makes 8 servings. Serving size: 1/4 cup

Base Ingredients

- 2 cans (15 ounces each) chickpeas or garbanzo beans
- 2 tablespoons olive oil or canola oil

+ your choice of the following:



G L E A N E R S

Turmeric + Cumin

- 2 teaspoons turmeric
- 1 teaspoon cumin

Nutrition per serving: 143 cal, 10 g carb, 3 g fiber, 4 g protein, 10 g fat, 92 mg sodium

Cinnamon + Sugar

- 1 teaspoon cinnamon
- 1 tablespoon sugar

Nutrition per serving: 147 cal, 11 g carb, 3 g fiber, 3 g protein, 10 g fat, 92 mg sodium

Garlic + Parmesan

- 1/4 cup grated Parmesan cheese
- 1 teaspoon garlic powder
- 1/4 teaspoon black pepper

Nutrition per serving: 155 cal, 10 g carb, 3 g fiber, 4 g protein, 11 g fat, 148 mg sodium



Recipes and photo based on yayforfood.com

Directions

1. Preheat oven to 400°F. Line a rimmed baking sheet with parchment paper or foil.
2. Drain, rinse, and pat chickpeas dry, then remove the skins that come off when drying.
3. Spread chickpeas on baking sheet and drizzle with oil. Toss gently until evenly coated.
4. Roast for 30 minutes, gently shaking the baking sheet every 10 minutes to evenly roast chickpeas on all sides.
5. Remove from oven and sprinkle with seasonings of your choice. Toss to evenly coat.
6. Place baking sheet back in oven for 5-10 minutes, or until chickpeas are crunchy and golden brown.
7. For an extra crunch: after the cook time is complete, turn off the oven, leave the door open slightly, and keep the baking sheet of chickpeas in the oven while it cools!