

Roasted Chickpeas



Chickpeas are oven roasted and seasoned to taste for a delicious high fiber snack

By akcpa

Prep: 5 mins

Cook: 40 mins

Total: 45 mins

Servings: 4

Yield: 4 servings



Ingredients

1 (12 ounce) can chickpeas (garbanzo beans), drained

2 tablespoons olive oil

1 pinch salt

1 pinch garlic salt

1 pinch cayenne pepper

Directions

Preheat oven to 450 degrees F (230 degrees C).

Blot chickpeas with a paper towel to dry them. In a bowl, toss chickpeas with olive oil, and season to taste with salt, garlic salt, and cayenne pepper, if using. Spread on a baking sheet, and bake for 30 to 40 minutes, until browned and crunchy. Watch carefully the last few minutes to avoid burning.

Nutrition Facts

Per Serving: 161 calories; protein 4.2g; carbohydrates 19.3g; fat 7.7g; sodium 337.3mg.