

ROASTED CHICKPEAS

YIELD: 15 SERVINGS, 2 OZ. PORTIONS

Chef Ryan Eckles

These are simple to do and addictive when eaten. Great on salads, a cheese plate or simply eaten as a snack. The base is patted-dry canned chickpeas, a little oil, and salt. The additional seasoning is up to you! These go great with herbs, particularly fresh. Try a 50/50 mixture of garlic and paprika or equal parts onion, cumin, and chipotle – the options are endless. We prefer to make our own spice mixes so we can control the sodium but the premade seasoning mixes work as well, just be mindful of the salt level. Wait until the chickpeas have roasted to season so the seasoning does not burn and become bitter.

INGREDIENTS

- 30 oz. canned chickpeas, drained, rinsed & patted dry
- 2 TBSP olive oil or olive oil blend
- 1 1/2 tsp Kosher salt
- 2-4 tsp sodium free seasoning of your choice

DIRECTIONS

1. Preheat oven to 400°F. Drain, rinse, and pat-dry chickpeas
2. Toss chickpeas with oil and salt and spread onto parchment lined sheet pan and bake for 15-25 minutes or until chickpeas are golden, darkening, and crispy.
3. Transfer to a bowl while still warm and toss with chosen seasoning. Return to oven for 2-3 more minutes.
4. Plate and serve – Enjoy!

RECIPE NOTES

Nutritional information*: 86 calories; 0.2 g sat. fat; 250 mg sodium; 13.16 g carbohydrate

* *nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*