

# ROASTED CHICKPEAS FOR LAYERED BEAN DIP

YIELD: 50 1/2 cup servings

Chef Sherry Hughes

This recipe forms the basis for the Better Layered Bean Dip recipe, but would be equally delicious on salads or served as a crispy, nutritious snack! These chickpeas are seasoned using another Project Bread recipe, Sazon de Abuela, which was created with Chef Margarita of Salem Public Schools.

## INGREDIENTS

- 2.2 No. 10 cans of garbanzo beans (242 oz.), rinsed and drained
- 3/4 cup olive oil
- 1 cup Sazón de Abuela

## DIRECTIONS

1. Preheat oven to 400°F
2. Drain and rinse the chickpeas and dry well. In a large bowl, toss chickpeas with Sazon de Abuela and olive oil. Transfer chickpeas to a sheet pan lined with parchment paper.
3. Roast chickpeas for 30 minutes, shaking the pan occasionally to move them around. When the chickpeas are crisp, remove from the oven.

## RECIPE NOTES - ROASTED CHICKPEAS FOR LAYERED BEAN DIP

Nutritional information per serving\*: 148 calories; 0.31 g sat. fat; 164.5 mg sodium; 21.25 g carbohydrate

1/2 cup serving provides 1/2 cup legume vegetable

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