

Seasoned Roasted Chickpeas

Yield: 4 servings

Ingredients

15 ounces chickpeas canned;
drained and rinsed (1 can).
Blot dry with paper towel
2 teaspoon olive oil
1 tablespoon salt-free seasoning;
salt-free
¼ teaspoon kosher salt

Seasoning Recommendations:

- Garlic powder, onion powder, dried oregano and 1 tablespoon grated Parmesan cheese
- Dried oregano, smoked paprika, garlic powder, onion powder and cayenne for a spicy kick
- Cinnamon and nutmeg for a sweeter version

Instructions

1. Preheat oven to 400 degrees.
2. Toss chickpeas with olive oil, seasoning, and salt.
3. Spread in single layer on baking tray and roast for 25 to 30 minutes, stirring occasionally, until they are brown and crunchy.
Serve.

Nutrition Information

Serving Size: ¼ cup
Calories: 65
Total Fat: 4 g
Saturated Fat: 0 g
Monounsaturated Fat: 0 g
Sodium: 168 mg
Total Carbohydrate: 5 g
Dietary Fiber: 1 g
Sugars: 3 g
Protein: 2 g

Source: Health Meets Food



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