



Crispy Oven-Roasted Chickpeas

Servings = 4
1 Serving = 1/2 cup

Equipment:

Can opener, Colander or sieve, Mixing bowl, Paper Towels, Measuring spoons, Spoon or spatula, Baking sheet
Parchment paper (optional), Oven

Ingredients:

- can (15 oz) chickpeas (garbanzo beans), drained and rinsed
- 1 tablespoon extra virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- Optional: small pinch of black pepper, paprika, or dried thyme

Preparation:

1. **Preheat Oven:** Set oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. **Dry Chickpeas:** After rinsing, pat chickpeas very dry with paper towels. Removing as much moisture as possible is key for crunch.
3. **Season:** In a bowl, toss chickpeas with olive oil, salt, garlic powder, and paprika (if using).
4. **Spread & Roast:** Spread chickpeas in a single layer on the baking sheet. Roast for 35–40 minutes, shaking the pan halfway through.
5. **Cool for Crunch:** Let them cool on the pan for 10 minutes—this helps them crisp up more.

Nutrition Facts per serving:

Calories 178.3

Protein: 7.5g Carbs: 24.1g
Fat: 6.3g Fiber: 6.8g

Tips for Best Results:

1. Dry thoroughly before roasting—moisture is the enemy of crunch.
2. No overlapping on the tray.
3. Store leftovers in a paper bag or loosely covered bowl to maintain crispness (airtight containers may make them chewy).

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