

# Roasted Rosemary Chickpeas



## Servings: 6

*2 cans chickpeas*

*2 tablespoons olive oil*

*1/2 teaspoon salt*

*1/4 teaspoon black pepper*

*1 tablespoon fresh rosemary, chopped*

Preheat the oven to 400°F.

Rinse the chickpeas in a colander and drain. Gently rub the chickpeas to loosen and remove the skins. Discard the skins. Pat and dry the chickpeas with a towel and place into a bowl.

To the bowl add olive oil, salt, pepper, and rosemary. Toss to coat.

Spread the chickpeas out in an even layer on a baking sheet lined with parchment paper.

Place in the oven and bake for 30 minutes.

Transfer the chickpeas to a serving dish.

Serve

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Per Serving (excluding unknown items): 56 Calories; 5g Fat (74.7% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 194mg Sodium; trace Total Sugars; 0mcg Vitamin D; 4mg Calcium; trace Iron; 34mg Potassium; 11mg Phosphorus. Exchanges: .