ROASTED CHICKPEAS

READY IN **15-20 MIN** **4** SERVINGS

When you are in the mood for something crunchy and flavorful, whether as a snack, on a salad, or as a topping, try this healthy alternative to processed chips, crackers, or croutons. This recipe is great for weight loss because it's protein and there is no oil.

INGREDIENTS

1 can chickpeas (15 ounce)

½ teaspoon garlic powder

½ teaspoon onion powder

½ teaspoon of smoked paprika

½ teaspoon salt (optional)

DIRECTIONS

1. Drain and rinse chickpeas. Pat dry with a paper towel.
2. In a mixing bowl, combine chickpeas and all seasonings. Toss well to coat beans evenly.
3. Preheat air fryer to 390 degrees.
4. Place chickpeas in a single layer in the air fryer. Set timer for 15 minutes and shake basket often to ensure even crisping.
5. After 15 minutes, check for doneness. If needed cook additional 1-3 minutes.

NOTES

Chickpeas will continue to crisp as they cool to room temperature. When roasting in an oven at 400 degrees, cooking time may double. Store in an airtight glass container in your pantry for up to 5 days.

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