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2021

### Crispy Roasted Chickpea Snacks

Putting Food on The Table Project  
*Sheridan College*

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# Crispy Roasted Chickpea Snacks

Great by themselves, on salads, or soups.

Servings: 4

Prep time: 10 min

Cook time: 30 min

## INGREDIENTS:

1 can of chickpeas (any size), drained and rinsed

Extra-virgin olive oil, for drizzling

Salt while roasting

Add any variety of preferred spices - *try paprika, curry powder, garlic, cayenne, cinnamon, sugar - be creative!*

## **DID YOU KNOW?**

1/2 cup of chickpeas has 8 g of Fibre, 9 g of Protein and are a source of potassium, calcium and iron.



## **DIRECTIONS:**

Preheat the oven to 425°F and line a large baking sheet with parchment paper.

Spread the canned chickpeas on a kitchen towel and pat them DRY (to help them crisp up). Remove any loose skins.

Place dry chickpeas in a bowl and toss with a drizzle of olive oil and salt to taste.

Transfer the dried chickpeas to the baking sheet.

Roast the chickpeas for 20 to 30 minutes, or until golden brown and crisp. Ovens can vary, if your chickpeas are not crispy enough, keep going until they are! Keep your eye on them.

Remove from the oven and, while the chickpeas are still warm, toss with pinches of your favorite spices, if using.

Start snacking.

