CRISPY GARBANZO BEANS

COOK TIME: 30 min | PREP TIME: 5 min | SERVINGS: 3-4

INGREDIENTS

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 tablespoon cooking oil
- ½ tsp paprika, garlic powder, chili powder, or another favorite seasoning
- Optional: small amount of salt

PREPARATION

1. Preheat oven to 425°F.
2. Spread chickpeas on a clean towel and pat dry.
3. Place chickpeas on a baking sheet. Toss with oil and seasonings.
4. Bake for 25–30 minutes, stirring once halfway through. Cook until golden and crispy.
5. Enjoy once cooled as a snack on their own or as a topping to other meals for added fiber, protein and texture.



Try different seasonings such as cinnamon, cumin, Italian seasoning or chili powder.

Recipe adapted from: Crispy Roasted Chickpeas by Love & Lemons.

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