

Roasted Garbanzo Beans

Makes 7 Servings (1/4 cup each)

Ingredients

- 2 (19-oz) cans Chickpeas – rinsed and drained
- 1 Tbsp. extra virgin olive oil
- ½ tsp. sea salt
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- ¼ tsp. black pepper



Directions

- Spread rinsed and drained beans on paper towels and let dry until free of water. (May take 1 – 2 hours)
- Place beans in a gallon-sized zip top bag. Pour olive oil into bag. Seal and toss beans until coated.
- Layer beans in a single layer on a jelly roll-type baking sheet lined with parchment paper. (If you don't have parchment paper, spray pan lightly with non-stick cooking spray). Allow plenty of space between beans.
- Sprinkle with seasonings.
- Roast beans in pre-heated 400° oven for 50 – 60 minutes, rotating pan every 15 minutes.
- Serve warm or store in zip top bag and enjoy for days.

Nutrition Information per Serving: Cal: 115, Pro: 6 gm, Fiber: 5 gm, Tot Fat: 3.5 gm, Sat. Fat: 0 gm, Trans fat: 0 gm, Chol: 0 mg, Sod: 250 mg

Cook's Notes:

- The longer you roast the beans, the crunchier they get. For a crunchy outside and chewy inside, roast for about 40 minutes. For crunchy all the way through, roast for 50 – 60 minutes.
- It may take a few batches before you find your desired texture.
- You can vary the flavor by altering the seasonings. Some other flavor combinations to use instead of the onion and garlic powders include:
 - Cinnamon and sugar
 - Cumin and chili powder
 - Rosemary and dill
 - Curry powder