

Roasted Chickpeas

Makes 8 servings | Protein • Vegetables

Ingredients

- 2 15-ounce cans chickpeas, rinsed and drained
- 1 Tablespoon Cajun or taco seasoning
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Nonstick spray

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 350°F.
3. Spray a rimmed baking sheet with nonstick spray.
4. Drain chickpeas in a strainer and rinse well. Shake to remove excess water.
5. Pour chickpeas onto the baking sheet and spread into a single layer. Use a paper towel to gently press the chickpeas to remove water and skins. Discard the skins.
6. Sprinkle seasonings over chickpeas. Shake the pan to distribute seasoning.
7. Bake at 350°F for 25-45 minutes, until chickpeas are brown and crispy. Gently stir chickpeas every 10-15 minutes to prevent burning.
8. Enjoy as a snack, as a topping for salad or soup, or as taco filling. Store in a container with a tight fitting lid or a resealable plastic bag.

Variation

Spice it up- replace seasonings with your favorite seasonings. Try Italian, ranch, chili powder, curry, or rosemary and garlic.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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