



# Roasted Chickpeas

Chickpeas, also called garbanzo beans, are inexpensive, readily available in your local supermarket, and packed with fiber, protein, foliate and iron.

**Prep Time:** 5 minutes

**Cook Time:** 45 minutes

**Total Time:** 50 minutes

**Ingredients:**

1 15 oz. can chickpeas  
1 Tbsp. olive oil  
kosher salt or sea salt, to taste

**Preparation:**

1. Preheat oven to 400 degrees F.
2. Toss chickpeas with olive oil and kosher salt.
3. Spread out in an even layer on a heavy baking sheet. Roast 30 minutes.
4. Turn heat down to 375 degrees F. Stir chickpeas. Roast another 5-15 minutes, until chickpeas are golden brown, but not burned.
5. Taste, and adjust seasoning.

*Note: For best results, watch the chickpeas carefully. There is a perfect point when the chickpeas become crunchy and golden, almost like nuts. Roast them too long, and they get too hard. Too short, and they taste too soft.*

Makes 3-4 servings.

Per serving (based on 3): 206 calories, 6 g fat (1 g saturated fat), 0 mg cholesterol, 32 g carbohydrate, 6 g fiber, 7 g protein, 1% vitamin A, 9% vitamin C, 5% calcium, 11% iron

Roasted chickpeas taste best when eaten immediately.