

# Roasted Chickpeas

## Ingredients

---

- ☐ 1 (16 ounce) can chickpeas (garbanzo beans), drained & rinsed
- ☐ 2 tablespoons olive oil
- ☐ salt (optional)

## Directions

---

1. Preheat oven to 400 degrees F
2. Blot chickpeas with a paper towel to dry them. In a bowl, toss chickpeas with olive oil, and season to taste with salt. Spread on a baking sheet, and bake for 40 minutes, until browned and crunchy. Shaking pan every 10 minutes

### Lime & Sea Salt

Finely grate zest from 1 lime  
½ tsp sea salt  
2 whole green onions, thinly sliced

### Salty & Sweet

1 tsp cane sugar  
1 tsp cinnamon  
½ tsp sea salt

### Herbed Garlic

2 tsp fresh rosemary minced  
1 tsp finely grated lemon zest  
½ tsp garlic powder

### Curried

1 tsp curry powder  
1 tsp ground cumin  
1 tsp paprika  
¼ tsp sea salt

### Tex-Mex Spice

1 tsp ground cumin  
1 tsp chili powder  
½ tsp salt  
¼ tsp cayenne pepper  
1 tbsp minced fresh cilantro

Toss your choice of seasonings while chickpeas are still warm

Play with other flavours – you are only limited by your imagination 🤪 ENJOY