

balance

HEALTH & WELLNESS TIPS FOR YOUR LIFE

Oven Roasted Chickpeas

Serves: 6

Ingredients:

2 15 ounce cans chickpeas, drained and rinsed

2 tablespoons olive oil

½ teaspoon salt

2-4 teaspoons spices or finely chopped herbs (chili powder, curry powder, cumin, smoked paprika, rosemary, thyme, and/or other favorites)

Directions:

1. Preheat oven to 400 degrees F and place oven rack in the middle of the oven.
2. Drain and rinse chickpeas, then dry them as thoroughly as possible. Once dry toss with olive oil and salt.
3. Roast chickpeas for 20-30 minutes, shaking the pan every 10 minutes.
4. Once done remove from oven a toss with desired spices.
5. Enjoy them warm for a nice, crisp salad topping; cool them to add a nutty, chewy protein to your salad.