



Crunchy Chickpea Snacks

Servings 4 | Prep time 5 mins | Total time 50 mins.

Equipment: Colander, Plate or cutting board, Clean towel, Small bowl, Baking sheet

Utensils: Stirring spoon, Measuring cups and spoons

Ingredients

1 15 ounce can no salt added garbanzo beans (chickpeas)

1 tablespoon olive oil OR vegetable oil

Non-stick spray

Seasoning Options (Pick One):

- Savory: 1/4 teaspoon salt, 1/2 teaspoon ground cumin, 1/8 teaspoon black pepper
- Spicy: 1/4 teaspoon salt, 1/2 teaspoon paprika, 1/4 teaspoon cayenne OR chili powder, 1/8 teaspoon black pepper
- Ranch: 1 teaspoon ranch seasoning OR 1/3 teaspoon dried parsley, 1/8 teaspoon salt, 1 pinch black pepper, 1/3 teaspoon garlic powder, 1 pinch onion powder
- Cinnamon Sugar: 1 teaspoon brown sugar, 1/4 teaspoon cinnamon, 1/8 teaspoon salt

Nutritional Information:

Calories 130

Total Fat 5g

Sodium 290mg

Total Carbs 15g

Protein 5g

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. Preheat oven to 400 degrees.
3. Drain and rinse canned garbanzo beans. Spread onto plate or cutting board. Pat dry with a clean towel. Add to small bowl.
4. Add oil, salt, cumin, and black pepper to bowl with garbanzo beans. Mix until oil and spices are evenly distributed.
5. Spray non-stick spray onto a baking sheet. Spread out garbanzo beans onto pan.
6. Bake for 40-50 minutes, until garbanzo beans are lightly toasted.