

Ranch Roasted Chickpeas

Serves 4



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 15 ounce can chickpeas (garbanzo beans), rinsed and drained
- 1 tablespoon extra virgin olive oil
- 1 tablespoon dried dill
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- ½ teaspoon salt
- ½ teaspoon black pepper

Directions

1. Preheat oven to 425°F. Dry rinsed chickpeas between towels and discard any loose skins that fall off.
2. In a small bowl, combine seasonings. In a medium bowl, combine about half of the seasoning and mix well with olive oil. Mix in chickpeas and stir to coat. Spread in a single layer on a baking sheet and roast for 35-45 minutes, stirring every 15 minutes or so, until crispy and golden brown. Immediately toss with remaining seasoning mix.
3. If they are soft in the middle, they will taste good, but will get soggy after a day or so. If you want to snack on them a few days later, cook them until completely crisp and store in an airtight container.

Notes

Enjoy as a snack, or use as a salad topping.

Recipe from Cook Well Berkeley: Savory Meals and Snacks, Spring 2016