

Savory Roasted Chickpeas



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 1 15-ounce can chickpeas
- 1 tablespoon extra virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon paprika
- ¼ teaspoon garlic powder

Directions

1. Preheat oven to 425 degrees F.
2. Rinse and drain chickpeas. Place onto a towel and pat completely dry, removing any loose skins.
3. In a medium bowl, whisk together oil, salt, pepper, paprika, and garlic powder. Add chickpeas and mix well to coat.
4. Place chickpeas on a baking sheet lined with parchment paper. Roast for 20 minutes, stir, then continue roasting another 20-30 minutes, watching closely and stirring every 10 minutes, until crunchy and golden brown (total 40-50 minutes).

Notes

Seasoning suggestions: Experiment with other flavors according to your tastes (ex: chili powder, cumin, & lime juice; garlic & parmesan; garlic & buffalo sauce)

Recipe from Cook Well Berkeley: Cooking Carb Smart, Spring 2014