

# Creole Roasted Chickpeas



*Add a crunchy protein topping to your favorite soup, salad or taco. Or eat this delicious fiber-filled snack on its own for a tasty alternative to traditional crunchy snacks like chips.*

<b>YIELD</b> <b>4 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>35 MIN</b>
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## INGREDIENTS

1 (15 oz) can	Chickpeas, canned, drained and rinsed
2 tsp	Olive Oil
1 Tbsp	Salt-Free Creole Seasoning (see recipe)
¼ tsp	Kosher Salt

## CHEF'S NOTES

Some other seasoning options to try:

- Sweet and spicy: cinnamon and cayenne
- Garlic and herb: grated parmesan cheese, garlic, and parsley
- Umami-bomb: nutritional yeast and smoked paprika
- GGCM's Salt-Free Taco Seasoning

Store in an air-tight container, unrefrigerated for up to one week.

Pinto beans can be substituted for the chickpeas using the same method!

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F. Line a baking tray with parchment or foil.
2. Using paper towels, dry all the chickpeas completely.
3. In a medium bowl, toss the chickpeas with the oil, seasoning and salt until they are well coated.
4. Spread the chickpeas out in one even layer onto the pre-lined baking tray. Place in the oven and roast, stirring occasionally, until they are brown and crunchy, about 25-30 minutes.

# Nutrition Facts

4 servings per container

**Serving size** 1/4 cup (102g)

**Amount Per Serving**

**Calories** 110

**% Daily Value\***

**Total Fat** 4g 5%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 130mg 6%

**Total Carbohydrate** 16g 6%

Dietary Fiber 5g 18%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 5g 10%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1.2mg 6%

Potassium 190mg 4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from *Health meets Food*, "Creole Roasted Chickpeas" (08/06/18)



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