

Crispy 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.

YIELD 4 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 35 MIN
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INGREDIENTS

2 (15 oz) cans	Chickpeas, drained and rinsed
4 tsp	Olive Oil
2 Tbsp	Salt-Free Seasoning of Choice (see Chef's Notes)
½ tsp	Kosher Salt

CHEF'S NOTES

The seasoning options for this recipe are only limited by your imagination! Some tasty ideas include:

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

Store in an air-tight container, at room temperature for up to one week.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F and line two sheet trays with parchment or foil.
2. Add the drained and rinsed chickpeas to a large mixing bowl and using paper towels, rub the chickpeas to dry them. Remove any loose skins that separate during drying.
3. Add the olive oil, seasoning of choice, and salt, tossing to coat evenly.
4. Spread the seasoned chickpeas evenly onto the pre-lined sheet trays, giving them space to brown and crisp nicely.
5. Bake until they are browned and crunchy, about 25-30 minutes. Flip halfway through for even crisping.

Nutrition Facts

8 servings per container

Serving size 1/4 cup (117g)

Amount Per Serving

Calories 130

% Daily Value*

Total Fat 4g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 140mg 6%

Total Carbohydrate 17g 6%

Dietary Fiber 5g 18%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 5g 10%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 1.2mg 6%

Potassium 200mg 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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