

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.

YIELD 4 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 35 MIN
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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. Remove any outer skins of the chickpeas that come off while drying.
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 (68 g)

Amount per serving

Calories 110

% Daily Value *

Total Fat 4g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 260mg 11%

Total Carbohydrate 15g 6%

Dietary Fiber 4g 15%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 5g 9%

Vitamin D 0mcg 0%

Calcium 30mg 3%

Iron 0.82mg 5%

Potassium 83mg 0%

*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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