



April 2013

roasted chickpeas

Crunchy, crispy and delicious!

- 1 (15 ounce) can garbanzo beans
- 1 teaspoon chili seasoning
- 1/2 teaspoon garlic powder (optional)
- 1 tablespoon olive oil or vegetable oil
- Salt to taste

1. Drain and rinse garbanzo beans. Place beans on a dish towel and toss gently to remove moisture.
2. Toss the beans with chili seasoning and olive oil. Spread beans in a single layer on a baking sheet.
3. Place in a 400° oven for 20 to 30 minutes. Stir beans every 10 minutes while baking.
4. Remove beans from the oven. Toss beans with salt and serve. Roasted garbanzo beans do not keep well.



Roasted chickpeas are done when they are brown and crispy. Continue baking if they are still soft in the center.



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