

# Crunchy Chickpea Snacks

From Eat.Move.Save, Illinois Extension Offices

<https://eat-move-save.extension.illinois.edu/eat/recipes/crunchy-chickpea-snacks>

## Ingredients

- 1 can (14 to 15 oz) chickpeas/garbanzo beans
- 1 tablespoon vegetable oil
- ¼ teaspoon salt
- ½ teaspoon cumin
- 1/8 teaspoon black pepper

## Instructions

1. Preheat oven to 400 degrees F.
2. Drain and rinse canned chickpeas/garbanzo beans. Spread onto plate or cutting board. Pat dry with a clean towel. Add to small bowl.
3. Add vegetable oil, salt, cumin, and black pepper to bowl with chickpease. Mix until oil and spices are evenly distributed.
4. Spray nonstick cooking spray onto a baking pan or cookie sheet. Spread out chickpeas onto pan.
5. Bake for 40 to 50 minutes, until chickpeas are lightly toasted.

**Note:** Store in an airtight container. If storing longer than 1 to 2 days, refrigerate roasted chickpeas.

**Makes 4 servings**

## Nutrition information per serving

Calories: 120	Dietary Fiber: 4g
Total Fat: 5g	Sodium: 450mg
Saturated Fat:	Protein: 5g
Cholesterol:	Carbohydrates: 14g