

CRISPY ROASTED CHICKPEAS

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WELLNESS
AT HOME



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INGREDIENTS

- 2 cans (538 mL/19oz each) chickpeas
- 30 mL (2 T.) olive oil
- Your choice of seasonings (about 15 mL/1 T. total):
 - Salt & pepper
 - Garlic powder & garam masala
 - Cinnamon & brown sugar
 - Pumpkin pie spice and a drizzle of maple syrupo
 - ...your own creation!

TIPS

- Store in a mason jar for snacking through the week.
- They will gradually lose their crispiness becoming addictively chewy.

INSTRUCTIONS

01

Arrange a rack in the middle of the oven and heat to 425°F.

02

Rinse and drain the chickpeas. Pat the chickpeas very dry with a clean dishtowel or paper towel.

03

Spread the chickpeas on a baking sheet in a single layer and place in the oven (no oil, no seasoning) to dry roast for 20 minutes.

04

Remove from the oven and drizzle with olive oil and seasonings – toss to coat. Return to the oven and bake another 20-30 minutes., stirring occasionally. The chickpeas are done when golden and slightly darkened, dry and crispy on the outside.

05

If you want the chickpeas to be even crispier – turn off the oven but leave the chickpeas inside for at least another hour (or even overnight)as the oven cools. Add more seasoning if needed and enjoy!