



## Roasted Chickpeas

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Recipe Source: [www.cherishedbliss.com](http://www.cherishedbliss.com)

### Ingredients:

- 1 15 oz can of garbanzo beans
- 1 TBSP extra virgin olive oil
- 1/4 tsp kosher salt
- 1/8 tsp ground red pepper
- 1/8 tsp ground black pepper
- 1/8 tsp chili powder
- 1/8 tsp garlic powder

### Steps:

- Preheat oven to 400 degrees F.
- In a colander rinse chickpeas well. Shake off the excess water and discard any loose shells.
- Next, line a small/medium mixing bowl with a few paper towels and pour the chickpeas into the paper lined bowl.
- Pat the chickpeas with the paper towel and then remove the paper towels from the bowl. Repeat this step until the chickpeas are thoroughly dry.
- Add oil and all seasonings to the bowl and mix well.
- Spread the chickpeas out on a baking sheet and bake for 30-40 minutes, stirring occasionally. If they are not crunchy or roasted to your liking, reduce heat to 250 degrees and roast a bit longer (5-10 minutes). To avoid scorching keep a close eye on the chickpeas during this point.
- Enjoy!
- **Nutritional Facts (per serving):** Calories: 103, Carbohydrates: 12 grams, Protein: 4 grams, Total Fat: 4 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 367 mg, Fiber: 4 grams, Total Sugars: 0 grams