

chickpea “nuts”

PREP: 10 MIN / TOTAL: 40 MIN / MAKES ABOUT 2 CUPS

2 cans (15 ounces each)
chickpeas

2 tablespoons olive oil

¼ teaspoon salt

¼ teaspoon ground
black pepper

Seasonings (below;
optional)

1. Preheat the oven to 425°F.
2. Rinse and drain the chickpeas; pat very dry with paper towels, discarding any loose skins.
3. On a large rimmed baking sheet, toss the chickpeas with olive oil, salt, and pepper. Roast 30 minutes, or until crisp, shaking the baking sheet occasionally. Remove from the oven and transfer to a bowl; toss with seasonings, if desired. The chickpeas will continue to crisp as they cool.

Each ¼ cup About 120 calories, 5g protein, 15g carbohydrate, 5g fat (1g saturated), 4g fiber, 214mg sodium.

Tip

If you're not eating these immediately, re crisp the chickpeas in a preheated 425°F oven 8 to 10 minutes to extend their shelf life to 1 week. Cool completely and store in an airtight container.

VARIATIONS

Honey-Sesame

Toss roasted chickpeas in 2 tablespoons honey; 1 tablespoon each sesame oil, sesame seeds, and sugar; and ½ teaspoon each garlic powder and five-spice powder. Return to the oven until caramelized and crisp, 5 minutes.

BBQ

Toss roasted chickpeas in 1 teaspoon dark brown sugar and ½ teaspoon each ground cumin, smoked paprika, garlic powder, and chili powder.

Masala

Toss roasted chickpeas in ½ teaspoon each garam masala, ground cumin, and ground ginger, and ¼ teaspoon cayenne pepper. Return to the oven until dry and crisp, 5 minutes.