

Crispy Chickpeas

Recipe and image from Whitney Hussain, RD

Ingredients

- 1 can chickpeas, drained and rinsed
- 1 tablespoon oil
- 1 teaspoon salt
- 2 teaspoon of your favorite spices (like cumin, paprika, or garlic!)



Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Open the can of chickpeas. Drain the excess liquid and rinse the chickpeas under running water for 1 minute.
3. Combine chickpeas, oil, salt, and spices in a bowl and mix together.
4. Spread mixture on a baking sheet with parchment paper in an even layer.
5. Bake for 45-60 minutes. Stir mixture halfway into cooking time to ensure they are browning on all sides.
6. When done, remove from oven and allow to cool for 5-10 minutes.
7. Enjoy!