

## **CULINARY LEARN AND SHARE**

# **Roasted Chickpeas**

### **Ingredients**

1 can (15 oz.) Chickpeas (Garbanzo beans) drained 2 Tbsp vegetables

## Seasonings: use 2-3 tsp of your choice

Garlic powder **Paprika** Cayenne (be careful – it's hot!) Chili powder **Turmeric** Ground ginger Cinnamon Powdered or minced onion Thyme Dry dill



### **Directions**

#### Step 1

Preheat oven or toaster oven to 450 °F (232 °C)

#### Step 2

Mix drained chickpeas, oil, and chosen spices in a medium sized mixing bowl until the oil & spices are evenly distributed

### Step 3

Pour mixture onto a flat baking pan or casserole dish. Spread chickpeas into a single layer.

#### Step 4

Bake for 20 minutes. Remove from the oven set aside & let cool for 5-10 minutes.

#### Step 5

Transfer to a serving bowl. Enjoy immediately! Or, let cool to room temperature – approximately 30 minutes then enjoy!

#### Step 6

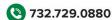
Transfer remainder to a sealed container & refrigerate for up to 4 days.

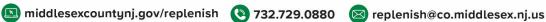
Recipe Submitted by/Recipe Source: RWJBarnabas Health, MedPro Wellness



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