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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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