

## Crispy Roasted Chickpeas

**Prep Time:** 5 minutes

**Cook Time:** 30-40 minutes

**Total Time:** 35-45 minutes

**Servings:** 4

**Serving Size:** About 1/3 cup

### Ingredients:

1 can garbanzo beans (aka chickpeas), drained\*  
2 tablespoons grapeseed oil  
½ teaspoon ancho chili powder  
½ teaspoon cumin  
½ teaspoon salt  
1 teaspoon dried parsley

### Directions:

1. Preheat oven to 425 degrees F.
2. Toss all of the ingredients together in a medium bowl.
3. Line a baking sheet with parchment paper and spread out the peas evenly in a single layer.
4. Bake for 30-40 minutes, until crunchy.
5. Serve hot or at room temperature.

### Tips and Tricks:

You can really flavor these with anything you want: oregano, thyme, sage, lemon juice, cayenne, dill—ANY seasoning you enjoy. I recommend trying to match the seasoning to the flavors in your meal, if using as part of that. If you're making as a snack—feel free to play! You cannot mess these up.

\*If you're on top of things enough to soak and cook your own beans, you can just sub 1 cup of dried beans, soaked overnight and cooked until tender.

### Nutritional Information Per Serving:

**Calories:** 168.4  
**Fat:** 0.8 g  
**Cholesterol:** 0 mg  
**Sodium:** 560 mg  
**Total Carbohydrate:** 20.5 g  
**Dietary Fiber:** 4.0 g  
**Sugars:** 0 g  
**Protein:** 4.5 g