

# Roasted Chickpeas

## Ingredients:

- 1 tsp ground cumin
- 1 tsp smoked sweet paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- 1/8 tsp ground black pepper
- 1/8 tsp cayenned pepper
- 1 tsp salt
- 2 T extra virgin olive oil
- 1 can (15 oz) chickpeas (garbanzo beans), drained and rinsed



## Directions:

- 1) Line baking pan with parchment paper and set aside.
- 2) In a medium bowl, whisk to combine spices. Whisk in oil.
- 3) Spread drained and rinsed chickpeas on paper towels and blot, making sure chickpeas are as dry as possible.
- 4) Add chickpeas to spice mixture, using your fingers to evenly coat with the mixture. Spread on prepared pan in one layer.
- 5) Bake chickpeas for 20 – 25 minutes at 400 degrees, stirring every 5 minutes, until crispy and firm. Cool on pan.

