



# Crispy Chickpeas

Prep Time: 5 min    Cook Time: 30 min    Serves: 4-6

## Ingredients:

- 1 (12 oz) can of chickpeas, unsalted
- 1 Tbsp olive oil
- ¼ tsp salt
- Seasonings to taste (no more than 1 tsp total)

We recommend:

- ¼ tsp garlic powder
- ¼ tsp paprika
- ¼ tsp cumin

**Great substitute for potato chips, or croutons in a salad!**



## Instructions:

1. Set oven to 450°F.
2. Drain and rinse chickpeas.
3. Dry them with a clean dish towel or paper towel.
4. Place in a bowl and drizzle with olive oil.
5. Add salt and seasoning of your choice. Toss to coat evenly.
6. Arrange chickpeas on baking sheets in a single layer.
8. Bake until crispy and just starting to brown, about 30 minutes. Watch carefully the last few minutes to avoid burning.
9. Let cool for a few minutes then transfer to a bowl and serve.