



Crunchy Chickpeas

INGREDIENTS

One can chickpeas (garbanzo beans) A drizzle of olive oil
A few sprinkles of garlic powder A pinch or two of salt

DIRECTIONS

Preheat oven to 400F. Drain the beans in a strainer and rinse with water for a few seconds. Shake and tap the strainer to rid excess water. Lay paper towel on a baking sheet and spread the beans over. Use another paper towel to gently press and absorb the water on the beans. Roll the beans around with the paper towel to also remove the thin skin from any of the beans. Discard the skins and the paper towels. Drizzle the olive oil over the beans and use your hands or a spatula to toss around and coat. Season with salt and garlic powder. Roast for 30-40 minutes, until the beans are a deep golden brown and crunchy. Do not let them burn. Makes 12 servings at 1/2 cup each; 125 calories per serving.

Here are just a few more ways to dress up those chickpeas. Use your imagination! Garlic/Black Pepper/Rosemary; Chili Powder/Sesame Oil/Soy Sauce; Brown Sugar/Cinnamon; Cumin/Coriander/Chili Powder; Lime Juice/White Pepper/Rosemary; Nutmeg/Ginger Powder/Cinnamon; Tarragon/Fennel/Garlic