

Roasted Chickpeas!

Fun fact: Chickpeas are 15 grams of protein per cup.

The new and improved crouton is here to stay. This is the perfect snack for when you are craving the crunch of chips but want something healthier. They are delicious on their own, but even better as an addition to a salad, soup or even stuffed inside of a baked potato. Get creative!

These chickpeas are the perfect snack to make with a friend. Take turns checking on chickpeas while doing homework or group work, or while watching a movie on a rainy day!

How's It Done? Simple.

Pre-heat oven to 400 degrees

Preparation: 10 minutes

Ready in: 1.5 hours

Ingredients:

Canned Chickpeas

Olive Oil

Salt, Pepper, Garlic Powder

1. Preheat oven. Drain your chickpeas & rinse in a strainer
2. Disperse chickpeas across baking tray
3. Cover with olive oil and preferred seasonings
4. Place them in the oven
5. Check every 20-30 minutes - make sure to give them a stir so they cook evenly
6. They are ready when they are nicely browned and sound like marbles when you stir them. Make sure to cook long enough or they won't stay crispy.

OVEN READY!



DONE!



Check out the comparison between buying packaged to making your own.



Goya Chick Peas
15.5 oz, ...
\$0.99
Target



Saffron Road Crunchy Chickpeas
\$7.18 from Jet.com · 94% positive 5,550 sel
★★★★★ 1 product review
Bombay Spice - 6 Ounce ; Food