

# Crunchy Chickpeas

April 2020

Harvest of  
the Month 

## INGREDIENTS:

1 can chickpeas, drained and rinsed or 6 ounces dry chickpeas pre-soaked for 8 or more hours

1 Tablespoon olive or vegetable oil

## EQUIPMENT NEEDED:

- Measuring spoons
- Spatula
- Baking sheet or large pan for stove-top cooking

## DIRECTIONS:

1. Preheat oven to 375F.
2. Pat chickpeas dry after rinsing.
3. Spread chickpeas in a single layer on a baking sheet.
4. Bake chickpeas for 30 minutes.
5. Remove from oven. Coat with olive oil. Then add seasonings and mix well.
6. Place seasoned chickpeas back in oven for 10- 20 minutes until golden and crispy. Watch every 5 minutes so they don't burn.
7. Remove from oven and let cool. Snack on chickpeas warm or cooled.

## RECIPE TIPS:

- For the most crunch eat within 1-2 days.
- Use chickpeas in hummus, salads, dips, added to soups, stews, muffins and more!



SERVING SIZE: 2 cup

SERVINGS: 5

PREPARATION TIME: 5 minutes

COOK TIME: 15

## Nutrition Facts

Amount Per Serving	
<b>Calories</b>	<b>148</b>
<b>Total fat</b>	6 g
Saturated fat	0.5 g
<b>Cholesterol</b>	0 mg
<b>Sodium</b>	193 mg
<b>Total Carbohydrate</b>	18 g
Fiber	7 g
Sugar	3 g
Includes 0g of Added Sugars	
<b>Protein</b>	6g
<b>Phosphorus</b>	104 mg
<b>Potassium</b>	199 mg

