

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

