

# Roasted Chickpeas

Makes: 6 servings | Serving Size: 1/2 cup | Prep time: 5 minutes | Cooking time: 20 minutes

## Ingredients

- 2 cans (15 ounce) chickpeas
- 4 tablespoons olive oil
- 1 teaspoon salt, pepper to taste

## Instructions

Rinse and drain chickpeas, and dry with a clean cloth.

Toss chickpeas with olive oil, salt and pepper.

Roast at 400 degrees until toasted brown, about 20 minutes, stirring every 5 to 10 minutes.



- tips:**
- Use in salads to increase protein and fiber.
  - Try substituting favorite spices for seasoning.

### NUTRITION (PER SERVING):

Calories 83.4, Total Fat 3.9 g, Protein 2.2 g, Cholesterol 0 mg, Sodium 279.9 g, Total Carbohydrate 10.2 g, Dietary Fiber 2 g