

CRISPY CHICKPEAS

INGREDIENTS:

- ¼ cup dry chickpeas, soaked overnight in 1 cup water.
- ½ Tbsp. oil
- ¼ tsp. salt
- ½ tsp. chili powder

DIRECTIONS:

1. Once chickpeas have soaked overnight, drain off water.
2. In a medium saucepan, boil 2 cups water. Add chickpeas and reduce to a simmer for 1 ½ hours. Add more water if needed.
3. Once cooked, drain chickpeas and pat dry.
4. Preheat oven to 350°F. In a small bowl, combine chickpeas, oil, salt, and chili powder.
5. Pour chickpea mixture onto a rimmed baking sheet and bake 30-45 minutes, or until golden brown and dry to the touch. Allow to cool and store in an air-tight container.



Fun Facts!

- Chickpeas and garbanzo beans are the same thing, it just depends what country you live in!
- Chickpeas are packed with fiber and a great snack to keep you full.
- Use different spices and seasonings to make it your own!