



Simple Spice-Roasted Chickpeas

6 servings, ¼ cup each

- 1 (15-ounce) can chickpeas (also called garbanzo beans), rinsed and drained
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon ground cumin
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- Pinch freshly grated nutmeg
- ¼ teaspoon garlic powder
- ¼-½ teaspoon sea salt (or to taste)

Per Serving:

- 95 Calories
- 3 gm Total Fat
- <0.5 gm Saturated Fat
- 74 mg Sodium
- 12 gm Carbohydrate
- 3 gm Fiber
- 4 gm Protein

Preheat the oven to 400°. Line a rimmed baking sheet with parchment paper. Pat the rinsed chickpeas dry with a clean kitchen towel. In a medium bowl, gently toss the chickpeas with the remaining ingredients until evenly coated with the oil and seasonings. Spread the chickpeas evenly on the baking sheet. Bake for about 20 minutes, check, move chickpeas around, and return to oven and bake until crispy and deeply golden brown, 10 to 15 more minutes. Cool completely before serving. (Roasted chickpeas keep their crispness best on the day they are made.) Chickpeas can easily be re-crisped by placing them in oven or toaster oven at 400° a few minutes. Great on tomato soup, snacking or salads.