



Toasted Chickpeas

INGREDIENTS

1 15-ounce can chickpeas
extra-virgin olive oil
sea salt

DIRECTIONS

Preheat the oven to 425°. Drain and rinse your chickpeas, then spread them on a kitchen towel and gently pat them dry.

Transfer the chickpeas to a parchment-lined baking sheet and toss them with a drizzle of olive oil and generous pinches of sea salt. Spread evenly on the baking sheet.

Roast in heated oven for 20 minutes, give them a shake then roast 10 minutes more. Toss with your favorite spices or enjoy as is.

ROASTED CHICKPEA TIPS

Store at room temperature, covered, after completely cooled.

Reheat in skillet for extra crispiness. Add to salads and grain bowls.

Try winning combo: cumin, chili powder and a bit of cayenne pepper