Crispy Roasted Chickpeas

yield: 4 SERVINGS  
cook time: 25 MINUTES  
prep time: 5 MINUTES  
total time: 30 MINUTES

INGREDIENTS

- 2 15-oz cans chickpeas
- 2 tbsp olive oil
- 1 tsp sea salt
- 1 tsp sweet or savory spices of choice

INSTRUCTIONS

1. Preheat oven to 425°F.
2. Rinse & drain chickpeas. Pat dry with a paper towel.
3. Toss chickpeas with oil, salt, and preferred spices.
4. Spread chickpeas on nonstick or lined baking sheet.
5. Roast in oven for 20 - 30 minutes, until golden and crispy.
6. Let cool 5 minutes & enjoy.

**Savory Spices:** cayenne pepper, curry powder, paprika, garlic powder.

**Sweet Spices:** granulated sugar, honey, cinnamon, brown sugar, ginger.

**Use as a Topping on:** salad, greek yogurt, roasted vegetables.

**Alternative Cooking Methods:** toaster oven or air fryer both work well for roasting, just adjust the timing accordingly!