### You Can Crunchy Cook! Chickpea Snacks

## FOR RECIPES, VISIThttps://go.Illinois.edu/EatMoveSave



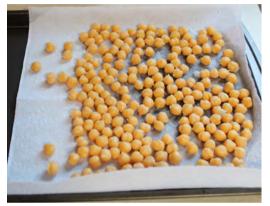
Preheat oven to 400 degrees F. Drain and rinse 1 can (14-15 ounces) canned chickpeas (garbanzo beans).



Spray nonstick cooking spray onto a baking pan or cookie sheet. Spread out chickpeas onto pan.

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Spread chickpeas onto plate or cutting board. Pat dry with a clean towel. Add to small bowl.



Bake for 20-30 minutes, until chickpeas are lightly toasted. Recipe makes four 1/4 cup servings.

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Add 1 Tbsp. vegetable oil, 1/4 tsp. salt, 1/2 tsp. cumin, and 1/8 tsp. black pepper to bowl with chickpeas. Mix to coat evenly.



Cool leftovers completely. Store in airtight container. if storing longer than 1-2 days, refrigerate roasted chickpeas.

# 5 WaysChickpeasto Eat(Garbanzo Beans)

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Crunchy Chickpea Snacks



Southwestern Salad



#### Easy Hummus Dip



Stuffed Peppers



#### **Main Dish Salad**

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