

You Can Cook!

Crunchy Chickpea Snacks

FOR RECIPES, VISIT

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EAT.
MOVE.
SAVE.



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



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



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.



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



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



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

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5 Ways to Eat Chickpeas (Garbanzo Beans)

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Crunchy Chickpea Snacks



Southwestern Salad



Easy Hummus Dip



Stuffed Peppers



Main Dish Salad