



RECIPES

Crispy Roasted Chickpeas

INGREDIENTS:

1 can (15oz) chickpeas, drained and rinsed

1 tablespoon extra virgin olive oil

½ teaspoon salt

¼ teaspoons freshly ground pepper

INSTRUCTIONS:

1. Heat oven to 425°F. Line pan with aluminum foil.
2. Rinse chickpeas and dry thoroughly with paper towel.
3. Place chickpeas on pan and toss with olive oil, salt and pepper.
4. Roast 15-20 min, stirring once, until chickpeas are slightly shrunken and crispy.
5. Let cool and enjoy.

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