

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Crispy Roasted Chickpeas

Three ingredients turn a can of chickpeas into a crunchy, salty snack with 4 grams of fiber and 4 grams of protein per serving. Think of them as a better-for-you swap for chips.

Makes 4 servings | Serving: 1/4 cup | About $0.25 per serving | 30 min

Ingredients

- 1 can (15.5 oz) chickpeas (garbanzo beans)
- 1/2 tablespoon oil (canola, olive or vegetable)
- 1/4 teaspoon salt

Method

1. Heat the oven to 425 F. Drain, rinse and pat the chickpeas very dry.
2. Toss with the oil and salt, then spread in one layer on a greased baking sheet.
3. Roast 10 minutes, stir, roast 10 minutes more, stir again, then roast another 5 to 10 minutes until deep golden and crisp.
4. Season while warm if you like, with chili powder, cumin or black pepper.

Swaps: Naturally nut-free. Try garlic powder and paprika, or cinnamon with a pinch of sugar for a sweet version.

Storage: Best eaten the same day. Refrigerate leftovers up to 4 days; softened chickpeas are great on salads or soups.

Nutrition Facts

Per serving (1/4 cup)

Calories	**90**
Total Fat	3 g
Saturated Fat	0 g
Sodium	270 mg
Total Carbohydrate	13 g
Dietary Fiber	4 g
Total Sugars	2 g
Added Sugars	0 g
Protein	4 g
Calcium	25 mg
Iron	1 mg
Potassium	62 mg

Why it's good for you

- Chickpeas are an inexpensive source of plant protein, folate and iron.[1]
- Their soluble and insoluble fiber may help lower cholesterol and prevent sharp blood sugar rises.[1]
- Fiber and protein together help a snack feel more filling.[2]

[1] Harvard T.H. Chan School of Public Health, The Nutrition Source: Legumes and Pulses, https://nutritionsource.hsph.harvard.edu/legumes-pulses/ [2] Harvard T.H. Chan School of Public Health, The Nutrition Source: Fiber, https://nutritionsource.hsph.harvard.edu/carbohydrates/fiber/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/roasted-chickpeas/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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