

Chili & Garlic Roasted Chickpeas

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Ingredients	Quantity	Measure
Chickpeas, canned, drained, rinsed, and patted dry	2	15 ounces cans
Vegetable oil	4	teaspoons
Garlic powder	2	teaspoons
Chili powder	2	teaspoons
Cayenne	1/4	teaspoon
Salt	1	teaspoon

Preparation

1. Preheat the oven to 425 degrees.
2. Toss the chickpeas with oil and seasonings in a large bowl, then spread them out onto a full-sized sheet pan. Make sure they are in a single layer and not touching. Bake until crisp, about 35-45 minutes. Cool.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 75 Total Fat: 2.75g Saturated Fat: 0.2g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 10g Fiber: 3g Total Sugars: 2g Protein: 3g Sodium: 305mg
Vitamin A: 8µg Vitamin C: 0.1mg Calcium: 21mg Iron: 0.6mg Folate: 21µg

