

Chili-Lime 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 | 1 1/3 | tablespoons |
| Lime rind, grated | 2 | teaspoons |
| Chili powder | 2 | teaspoons |
| Salt | 1 | teaspoon |

Preparation

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

Nutrition Information per serving *From USDA Nutrient Database

Calories: 73 Total Fat: 2.5g Saturated Fat: 0.2g Monounsaturated Fat: 1.2g Polyunsaturated Fat: 1g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 10g Fiber: 3g Total Sugars: 1.7g Protein: 3g Sodium: 305mg
Vitamin A: 7µg Vitamin C: 0mg Calcium: 21mg Iron: 0.5mg Folate: 20µg

