

Sweet & Spicy Roasted Chickpeas

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Ingredients	Quantity	Measure
Chickpeas, canned, drained, rinsed, and patted dry	2	15 ounce cans
Vegetable oil	1 1/3	tablespoon
Brown sugar	2	tablespoons
Chili powder	3/4	teaspoon
Garlic powder	1/2	teaspoon
Cayenne pepper	1/4	teaspoon
Black pepper	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: 79 Total Fat: 2.7g Saturated Fat: 0.2g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 11g Fiber: 3g Total Sugars: 3g Protein: 3g Sodium: 301mg
Vitamin A: 4µg Vitamin C: 0.1mg Calcium: 21mg Iron: 0.5mg Folate: 20µg

