

# Crispy Spiced Roasted Chickpeas

Web Recipe · Snack · GF

160 cal · 7g protein · 22g carbs · 5g fat · 4 servings

---

## Ingredients

- 2 cans (15 oz each) chickpeas drained rinsed and patted dry
  - 2 tbsp olive oil
  - 1 tsp smoked paprika
  - 1 tsp garlic powder
  - 1/2 tsp cumin
  - 1/2 tsp onion powder
  - 3/4 tsp salt
- 

## Instructions

1. Preheat oven to 400°F (200°C). Drain, rinse, and thoroughly pat dry both cans of chickpeas (dry = crispy!).
  2. Toss chickpeas with olive oil, smoked paprika, garlic powder, cumin, onion powder, salt, and pepper.
  3. Spread in a single layer on a baking sheet (don't crowd them).
  4. Bake 35-45 minutes, shaking the pan every 15 minutes, until golden and crunchy.
  5. Let cool on the pan — they'll crisp up more as they cool.
  6. Store in an open or loosely covered container (airtight makes them lose their crunch). Best eaten within 3-4 days.
- 

Generated by Meal Planner · Per serving macros