

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.

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