

Buffalo Chickpea Dip



TOTAL TIME

30 mins



COURSE

Lunch, Sauces, Snacks



SERVINGS

6 servings

CALORIES

135 kcal

EQUIPMENT

- mixing bowl
- baking sheet

INGREDIENTS

- 15 oz can of chickpeas drained & rinsed
- ¼ cup hot sauce
- 2 Tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp garlic powder
- salt & pepper to taste
- ¼ cup chopped green onions
- ¼ cup fresh parsley
- ¼ cup chopped celery
- Optional toppings: sliced avocado, chopped tomatoes, fresh herbs

INSTRUCTIONS

1. Preheat the oven to 400°F.
2. In a large bowl, combine the chickpeas, hot sauce, olive oil, smoked paprika, garlic powder, salt, and pepper. Mix well to coat the chickpeas.
3. Spread the chickpea mixture on a baking sheet and bake for 20-25 minutes, or until the chickpeas are crispy and golden brown.
4. While the chickpeas are roasting, chop the green onions, parsley, and celery and set aside.
5. Once the chickpeas are done, transfer them to a serving bowl. Add the chopped green onions, parsley, and celery and toss to combine.
6. Serve the buffalo chickpea dip warm or at room temperature, with your favorite dipping vegetables or chips. Enjoy!

NUTRITION

Nutrition Facts

Buffalo Chickpea Dip

Amount Per Serving

Calories 135 Calories from Fat 54

% Daily Value*

Fat 6g **9%**

Carbohydrates 16g **5%**

Protein 6g **12%**

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!