

Roasted Chickpeas/ Garbanzo Beans



Cooking with

Kids!

1. Have your kids help mix seasonings into the garbanzo beans

Additional Notes

Ingredients

- 2 (14 oz) cans chickpeas, drained and rinsed
- 1 Tbsp olive oil
- Desired seasoning (see ideas in notes section)

Instructions

1. Drain and rinse garbanzo beans.
2. Dry chickpeas/garbanzo beans on a towel (they can still be slightly wet) and spread onto a rimmed baking sheet. Roast at 400 degrees F for 20 minutes, giving the pan a shake ten minutes into roasting.
3. Remove pan from oven and carefully pour chickpeas/garbanzo beans into a bowl. Drizzle with the olive oil. Use a spoon to toss the beans and coat them in the oil.
4. Sprinkle on desired seasonings and toss again until evenly coated.
5. Pour the seasoned chickpeas/garbanzo beans back onto the pan. Roast for 10-15 more minutes or until crispy.
6. Let cool. Eat plain, in a salad, or in a wrap. Store in an airtight container in the fridge.

Flavor/Seasoning Ideas

- ½ tsp cumin, ½ tsp parika, ½ tsp salt, 1/8 tsp cayenne pepper
- 1 tsp curry powder, ½ tsp cumin, ½ tsp turmeric, ½ tsp cayenne pepper.
- ½ tsp salt, ¼ tsp black pepper
- ½ tsp garlic powder, 1/8 tsp onion powder, ½ tsp salt
- 1 Tbsp ground cumin, 1 tsp garlic powder, ½ tsp chili powder, pinch salt, pinch black pepper, pinch of crushed red pepper
- 1 tsp garlic salt, ½ tsp black pepper, 1 Tbsp rosemary
- 1 tsp paprika, 1 tsp cumin
- 2 Tbsp sugar or brown sugar, 1 Tbls cinnamon
- Juice from 1 lime, ½ tsp black pepper

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