

# Roasted Chickpeas

2 Servings

## Ingredients

- 1 (15oz) can chickpeas, drained and rinsed
- ½ tsp olive oil
- 2 tsp of your favorite herb or spice blend
- ¼ tsp salt

## Directions

1. Preheat oven to 400° F
2. IN a colander, drain and rinse chick peas with cold water, place chickpeas on a paper towel and blot dry.
3. In a medium bowl, gently toss chickpeas and olive oil until combined. Sprinkle with herbs and salt and toss again.
4. Place chickpeas on a parchment paper lined baking sheet and spread in an even layer.
5. Bake for 25-35 minutes until golden brown and crunchy. Stir halfway through.
6. Serve

Nutrition per serving (makes 2 servings)

Total calories	175
Total fat	3 gm (Sat: fat 0gm, Cholesterol: 0 gm)
Total carb	29 gm (fiber: 2 gm, Sugar: 0 gm)
Protein	11 gm

Recipe from The Complete Dash Diet for Beginners, Kolso

## Savory Spice Blend

- 1 Tbsp onion powder
- 1 Tbsp dried parsley
- 1 Tbsp dried basil
- 2 tsp dried thyme
- 2 tsp garlic powder
- 2 tsp smoked paprika
- ½ tsp ground turmeric

