

Crispy Roasted Chickpeas-Gluten Free

Oshkosh Community YMCA

Oven-baked poppable chickpeas are the perfect healthy snack with fiber and protein to keep you full. Super crunchy and coated with 3 different flavors these will quickly become your go-to snack.

INGREDIENTS:

- 3 15 oz cans organic low sodium garbanzo beans (1 can per flavor)
- 1-2 tbsp olive oil

Choose one flavor:

Sweet:

- 1 tbsp maple syrup
- ½ tsp cinnamon

Ranch:

- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp dried dill
- ½ tsp dried parsley
- ½ tsp salt

Spicy:

- ½ tsp chili powder (double check to make sure the label says Gluten free)
- ½ tsp ground cumin
- ½ tsp paprika
- ½ tsp cayenne pepper
- ¼ tsp garlic powder
- ¼ tsp salt



INSTRUCTIONS:

1. Preheat oven to 400 degrees F.
2. Using a strainer drain and rinse the chickpeas underwater.

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Recipes source <https://www.hearthealthygreeks.com/crispy-roasted-chickpeas/>

3. Lay on a kitchen towel and pat dry, discarding any of the skins that may fall off. Let the chickpeas air dry until completely dry.
4. Line a rimmed baking sheet with a silicone baking mat or parchment paper. If using parchment paper lightly spray the sheet with cooking oil (like avocado oil).
5. Spread the chickpeas out evenly over the baking sheet.
6. Cook for 20-30 minutes stirring every 10 minutes until golden brown.
7. While the chickpeas are roasting make the spice mixes by combining all of the ingredients in a small bowl and setting aside.
8. While still hot, separate the chickpeas evenly into 3 bowls.
9. To the bowls for the ranch and spicy flavors add in ½-1 tablespoon of olive oil and toss to coat the chickpeas.
10. Then add in the spice mixture to their respective bowls and toss again to coat.
11. For the sweet chickpeas pour the maple syrup and cinnamon mixture over the chickpeas and toss to coat and bake for another 5-10 minutes.
12. Serve immediately.

NOTES:

You can store the crispy roasted chickpeas in an airtight container but note that the texture will become chewier and less crispy as the chickpeas sit.

Nutrition Facts

Calories: 36kcal Carbohydrates: 4g Protein: 1g Fat: 2g Saturated Fat: 1g Sodium: 296mg Potassium: 14mg Fiber: 1g Sugar: 2g Vitamin A: 201IU

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.