Roasted Chickpeas

Roasting chickpeas gives them a crispy texture perfect for afterschool snacks.

Serves 4

Ingredients

- 1 can (15 ounces) chickpeas, rinsed, drained and patted dry
- 1 tablespoon olive oil
- ½ teaspoon salt (optional seasoning: 1 teaspoon chili powder, cajun spices, or cinnamon)

Directions

1. Preheat oven to 400 degrees.
2. Spread chickpeas on a large roasting pan and coat with olive oil and salt.
3. Roast in oven for 10 minutes.
4. Remove pan and stir chickpeas around with a spatula.
5. Return the chickpeas to the oven for 10 minutes more.
6. Serve in salad, in pita pockets or eat them by themselves as a satisfying snack.

Nutrition Facts

Serving Size about 1/2 cup
Servings Per Container 4

Amount Per Serving

Calories 200	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 10mg	**0%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 8g	**32%**
Sugars 5g	
Protein 9g	

Vitamin A 0% • Vitamin C 2%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

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