



# Spicy Roasted Garbanzo Beans

A fun way to get the nutritional benefits of beans! Seasoned beans are roasted until crispy-crunchy, while providing a boost of protein, fiber and B-vitamins. Suitable for vegetarians.

Approximate preparation time: 45 minutes  
(includes 40 minutes of roasting time).

## Ingredients

- 2 15-oz. cans chickpeas, thoroughly drained and rinsed (about 3 cups)
- 2 TBSP vegetable oil
- 1 tsp ground cumin
- 1 tsp chili powder
- ½ tsp salt

Heat the oven to 400 degrees Fahrenheit and arrange a rack in the middle. Place the chickpeas in a large bowl and toss with the remaining ingredients until evenly coated. Spread the chickpeas in an even layer on a rimmed baking sheet and bake for about 30 to 40 minutes, shaking the pan a few times during baking, until beans are crisp. Check frequently during the last 10 minutes to avoid burning.

Makes 8 servings.

### Nutrition information per serving:

**160**  
Calories

**7g**  
Protein

**22g**  
Carbs

**6g**  
Fat

**5g**  
Fiber

Used this recipe?  
Give us your feedback

