



Roasted Chickpeas



Ingredients



- 3 cups cooked chickpeas (1 cans rinsed)
- 3 Tbsp. olive oil (optional)
- ½ - 1 Tbsp. of favorite spices
- Salt and pepper to taste (optional)



Directions



Yield: 9 servings Serving Size: 1/3 cup

Total Cost: \$2.79 Serving Cost: \$0.31

1. Preheat oven to 400°F.
2. Drain and rinse chickpeas and lay on paper towel to dry.
3. Mix olive oil and spices in a large bowl.
4. Add chickpeas to bowl and toss with spice mixture.
5. Pour chickpeas on baking sheet and add salt and pepper to taste.
6. Bake for 45-60 minutes until browned. Stir chickpeas around every 15 min. Serve hot or at room temperature.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips

- Try different spice combinations such as:
 - Cumin, coriander, and paprika
 - Thyme and red pepper flakes
 - Curry and chili powder
 - Cinnamon and sugar
- Store in covered container at room temperature for up to 2 days.

Nutrition Facts

9 servings per container	
Serving size	1/3 Cup
Amount Per Serving	
Calories	110
<small>% Daily Value*</small>	
Total Fat 6g	8%
Saturated Fat 0.7g	4%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.54mg	4%
Potassium 47mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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