



# 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](http://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	
<b>Serving size</b>	<b>1/3 Cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>110</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 0.7g	<b>4%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	<b>8%</b>
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.

Second Harvest is an equal opportunity provider.



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