



Roasted Chickpeas



Ingredients



- 3 cups cooked chickpeas (2 cans rinsed)
- 3 Tbsp. olive oil
- ½ - 1 Tbsp. of favorite spices
- Salt and pepper to taste

Yield: 9 servings
Serving Size: 1/3 cup



Directions



1. Preheat oven to 400F.
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. 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

Nutrition Facts



Nutrition Facts	
9 servings per container	
Serving size	1/3 cup
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 4g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 17g	6%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 1.44mg	8%
Potassium 188mg	4%

*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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