

# CRISPY BAKED CHICKPEAS

Makes 4 servings



## INGREDIENTS

- 1 15-ounce can chickpeas
- 1 tablespoon avocado or other neutral oil
- 1/2 teaspoon sea salt
- 1 teaspoon seasonings of choice like Curry Powder, Chili Powder, or Old Bay Seasoning

## INSTRUCTIONS

Preheat the oven to 350° F.

Drain chickpeas well. If using oil, rinse well with water and thoroughly drain. Once drained well, spread the chickpeas out on a clean, absorbent towel and use your hands to gently roll and dry the chickpeas. Some of the skins should start coming off. You can opt to peel all of the chickpeas – which can help for extra crispiness.

Transfer the chickpeas to a mixing bowl and top with oil and salt. Mix well to combine. Bake for a total of 45 to 50 minutes or until golden brown and dry/crispy to the touch. Turn pan around and shake the chickpeas around at the halfway point for even cooking.

Remove from oven and toss with seasonings while still warm. Then let cool 5 to 10 minutes – they will continue crisping as they cool.

Serve as is or atop bowls or salads! To store, place in a storage container or jar and DO NOT tightly cover. Instead, crack lid so they can “breathe” a bit. They will last for 4 to 5 days at room temperature. Alternatively, seal well and freeze up to 1 month.