



Savory Roasted Chickpeas

Prep Time: 5 minutes

Cook Time: 45 minutes

Yield: 4 servings

Serving Size: ¼ cup

Ingredients

- 1 15-ounce can chickpeas (no salt added)
- ½ tablespoon olive oil
- 1 teaspoon smoked paprika
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ⅛ teaspoon black pepper

Directions

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper
2. Rinse the chickpeas thoroughly in a colander until they are no longer foamy and the water runs clear. Drain thoroughly. Spread the chickpeas out on a clean towel and rub them to dry as much as possible, removing any loose skins.
3. Transfer the chickpeas to a large mixing bowl. Drizzle evenly with olive oil, then sprinkle on the smoked paprika, garlic powder, salt, and black pepper. Gently toss until evenly coated.
4. Spread the chickpeas out in an even layer on the prepared baking sheet. Bake for 45 minutes, pausing to shake the pan briefly at the 15- and 30-minute mark, or until the chickpeas feel dry and crispy to the touch.
5. Serve immediately, or store in a jar or bowl uncovered (or lightly covered with a thin kitchen towel or paper towel) at room temperature for up to 3 days.

Nutrition Facts	
4 servings per container	
Serving size	1 serving (113g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	16%
Total Sugars 0g	
Protein 6g	
Vit. D 0mcg 0%	• Calcium 53mg 4%
Iron 1mg 8%	• Potas. 230mg 4%



*If using this recipe in your personalized ATNG meal plan, 1 protein and 1 starch serving.