



Spicy Roasted Chickpeas with Chocolate Drizzle

Prep Time: 5 minutes
Cook Time: 45 minutes
Yield: 4 servings
Serving Size: ¼ cup

Ingredients

- 1 15-ounce can chickpeas (no salt added)
- 2 tbsp. cinnamon
- 1 tsp cayenne pepper (adjust to taste for desired spice level)
- 1 tbsp. ground ginger
- ½ tbsp. olive oil
- ¼ 60-65% dark chocolate bar

Nutrition Facts	
4 servings per container	
Serving size	1 serving (124g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat	5g 7%
Saturated Fat	2.0g 9%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	25mg 1%
Total Carbohydrate	27g 10%
Dietary Fiber	7g 25%
Total Sugars	3g
Protein	7g
Vit. D 0mcg	0%
Iron 2mg	15%
Calcium	91mg 8%
Potas.	290mg 6%

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.
4. Drizzle olive oil over the chickpeas and toss to ensure even coating.
5. Add the mixed spices (cinnamon, cayenne pepper, and ground ginger) to the chickpeas and toss until evenly coated with the spice mixture.
6. Spread the chickpeas out in an even layer on the prepared baking sheet. Bake for 45 minutes, shaking the pan briefly at the 15- and 30-minute marks, until chickpeas feel dry and crispy to the touch.
7. While the chickpeas bake, melt the chocolate:
8. - Chop the chocolate bar into small pieces.
9. Option 1 - Place chocolate in a resealable plastic sandwich bag (or 2 for added protection) and submerge it in hot (not boiling) water until melted.
10. Option 2 - Microwave chopped chocolate in a microwave-safe bowl at 70% power for 1 minute, stir, then continue in 30-second increments, stirring frequently until fully melted.
11. Once the chickpeas are done baking and have cooled, drizzle the melted chocolate as desired over them using a small hole cut in the corner of the bag (use scissors) or a fork for freehand drizzling.

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