

Roasted Chickpeas - Italian

Makes 8 servings (2 Tbsp. per serving).

Each serving has 110 calories, 5 grams (g) of fat, 4 g of protein, 12 g of carbohydrate, 0 g of fiber, 250 milligrams (mg) of sodium, and 26 micrograms (mcg) of folate and 0.6 mg of iron.

1 (15-oz.) can chickpeas, drained and rinsed

2 Tbsp. olive oil

½ tsp. kosher salt

½ tsp. oregano

½ tsp. garlic powder

½ tsp. crushed red pepper

Preheat oven to 350 F. Line baking sheet with aluminum foil for easy cleanup. Drain and rinse chickpeas and then pat dry with a paper towel. Discard any excess skins that fall off in the washing. In a medium bowl, mix together chickpeas, olive oil, salt, oregano, garlic powder and crushed red pepper. Spread chickpeas evenly onto a baking sheet. Bake for about 50 to 60 minutes or until the chickpeas reach a desired crunch. Check and move/stir the chickpeas every 10 minutes. Remove from oven and cool completely. Serve.
