



Snack Recipes

Oven-roasted Chickpeas

Ingredients:

- 1 can chickpeas, drained and rinsed
- ½ teaspoon extra virgin olive oil
- 1 teaspoon garlic powder
- ½ teaspoon fine-grain salt
- ½ teaspoon onion powder
- ¼ teaspoon cayenne pepper



Directions:

1. Preheat oven to 400 and line a large rimmed baking sheet with parchment paper.
2. Pour rinsed beans onto towel/paper towels and place another towel on top and gently rub until **completely dry**. Transfer to baking sheet.
3. Drizzle chickpeas with oil and roll them around until evenly coated.
4. Sprinkle with garlic and onion powder, salt, and cayenne. Roll them around until evenly coated.
5. Roast for 20 minutes and then shake the pan gently to roll the chickpeas around. Roast for 10-15 minutes more, until golden and lightly charred (be sure to keep an eye on them so they don't burn).

TIPS:

- Add/remove seasonings based on preference
- These are a great on-the-go snack if kept in a sealed bag

Makes 3 servings

Nutrition Information:

1 serving: 47 calories, 2 grams protein, 4 grams carbs, 1 grams fat

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