

Delicious and Healthy Oil-Free Roasted Chickpeas

Ingredients

- 1 15-ounce (425 g) can chickpeas, drained and dried (don't rinse)
- 1 tsp sea salt
- 1 tsp seasonings of choice if desired (such as chili powder, curry powder, garlic powder, etc)

Instructions

1. Preheat oven to 350 degrees F
2. Drain chickpeas.
3. After thoroughly drained, spread the chickpeas out on a clean, absorbent towel and gently roll and dry the chickpeas without smashing them. The skins should start coming off, simply peel them off and throw away.
4. Transfer the chickpeas to a mixing bowl and add ONLY the salt. (other seasonings will be added after they are baked) Mix well.
5. Bake for a total of 45-50 minutes or until golden brown and dry/crispy to the touch. Halfway through cooking, shake the pan around to rotate the chickpeas.
6. Remove from oven and toss with other seasonings while they are still warm. Then let cool 5-10 minutes while they continue to crisp.
7. Enjoy!
8. To store, place in a baggie or container but don't completely seal. Crack the lid or if in a ziplock back leave a section unzipped. This will help them stay crispy longer. For their best consistency, consume within the first day. They will last for 4-5 days at room temperature. They freeze well for up to one month when SEALED.