



Crispy Baked Chickpeas

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Serves 4 as a snack - Vegan and gluten-free
15 mins prep time + 50 mins cook time

Ingredients:

- 1 15 oz. can chickpeas (drained, rinsed and very thoroughly dried)
- 1 Tbsp canola or other neutral oil
- 1/2 tsp salt
- 1 tsp seasonings of choice (such as garlic powder, ancho chili powder, etc.)

Instructions:

1. Preheat oven to 350 degrees F and set out a bare baking sheet.
2. Drain chickpeas. Rinse with water and drain thoroughly.
3. Once drained well, spread chickpeas on a clean, absorbent towel and use your hands to gently roll and dry the chickpeas. *DRYING IS KEY TO CRISPY CHICKPEAS*. Remove the skins that come off. You may opt to peel all chickpeas to yield slightly more crispiness.
4. Transfer chickpeas to a mixing bowl and top with oil and salt. Mix well to combine. *DO NOT ADD OTHER SEASONING AT THIS POINT* - it may interrupt the crisping process, so wait to add after baking.
5. Bake for 45-50 mins or until golden brown and dry to the touch. Rotate the pan and shake at the halfway point for even cooking.
6. Remove from the oven and toss with seasonings while still warm. Let cool 5-10 mins.
7. Serve as is, or as a crunchy topping for salads or grain bowls.
8. This delicious snack will likely disappear immediately. If not, leave chickpeas on baking sheet and allow to cool completely. To store, place in container or jar, but leave lid slightly ajar so chickpeas can "breathe" and stay crispy. These are best the 1st day, but can last 4-5 days at room temperature. If they get soggy, return to oven to crisp again.

Nutrition Per Serving (1 of 4):

Calories: 141 Fat: 2.7g Sat Fat: 0.3g Sodium: 300mg Carbs: 22.9g Fiber: 6.7g
Sugar: 4g Protein: 7.3g

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