

Roasted Chickpeas

Serves 4

From: allrecipes.com

Ingredients:

- 1 (15 ounce) can chickpeas, drained and rinsed
- 1 tablespoon olive oil
- ¼ teaspoon kosher salt, or to taste
- ¼ teaspoon smoked paprika
- ¼ teaspoon black pepper
- 1/8 teaspoon chili powder, or to taste
- 1/8 teaspoon garlic powder

Directions:

Gather all ingredients. Preheat the oven to 450 degrees F (220 degrees C). Place chickpeas in a bowl and blot with a paper towel to dry them. Toss chickpeas and olive oil in a bowl. Season to taste with garlic salt, chili, and salt and toss again. Spread chickpeas on a rimmed baking sheet. Roast in the preheated oven until browned and crunchy, 30 to 40 minutes; watch carefully to avoid burning them.

Nutrition Facts: 119 calories, Fat 5 g, Sodium 235 mg, Carbs 15 g, Fiber 4 g, Sugar 3 g, Protein 5 g