

Spicy Roasted Chickpeas

Adapted from Ricardo Magazine's Special Issue – Best Healthy Recipes

Yield: About 2 1/2 Cups

Ingredients:

- 1 tbsp. Chili Powder
- 1 tsp. Dry Mustard
- 1/2 tsp. Ground Black Pepper
- 1/2 tsp. Cayenne Pepper
- 1/4 tsp. Garlic Powder
- 1/2 tsp. Salt
- 2 cans (19 oz/540 ml each) Chickpeas
- 3 tbsp. Vegetable or Olive Oil

Directions:

1. Preheat oven to 400F with the rack in the middle of the oven.
2. Drain rinse and pat dry the chickpeas; set aside on paper towel until needed to remove excess water.
3. In a large bowl, combine all the spices and salt.
4. Add the dried chickpeas and oil. Toss to evenly coat the chickpeas and place on baking sheet.
5. Bake for 30-40 minutes, stirring every 10 minutes, until the chickpeas are golden brown (or cooked to your desire). Let cool completely before storing in an airtight container.