

Ingredients:

1 can (15 oz) chickpeas, rinsed, drained, and patted dry
1/2 tsp salt
2 tablespoons vegetable oil

Roasted Chickpeas
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Directions:

1. Wash your hands with soap and warm water.
2. Preheat oven to 375°F.
3. Mix chickpeas with salt and any other seasoning. Add olive oil and stir to ensure chickpeas are coated.
4. Bake for 15-20 minutes until crispy.

Nutrition Facts (Per Serving)

Calories, 160; Carbohydrate, 14 g; Protein, 4 g; Total Fat, 8 g; Saturated Fat, 1 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 0 g; Total Sugars, 3 g; Sodium, 445 mg; Calcium, 29 mg; Folate, 30 mcg; Iron, 1 mg; Percent Calories from Fat, 45%.

Makes 4 servings, approximately 1/2 cup each.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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