

# Recipe of the Month – January 2023

## Roasted Chickpeas

Serves: 4

Serving Size: 1/4 cup

Cost per Serving: \$0.25

### Ingredients:

1 can (15.5 ounces) chickpeas/garbanzo beans

1/2 tablespoon oil (canola, olive, vegetable)

1/4 teaspoon salt



### Directions:

1. Preheat oven to 425F.
2. Drain and rinse the chickpeas in a colander. Pat dry with a clean dish towel or paper towel.
3. Stir chickpeas, oil, and salt together in a small bowl.
4. Spray a baking sheet with cooking spray. Spread chickpeas evenly on the baking sheet.
5. Cook in the oven for 10 minutes. Stir. Cook for 10 minutes more. Stir. Cook for 5-10 more minutes if needed. Chickpeas will be done when golden brown.
6. Serve right away as an appetizer or snack. Store leftovers in airtight container in the refrigerator for up to 4 days.

### Tips:

- After cooking, sprinkle roasted chickpeas with chili powder, cumin, or ground black pepper to add flavor.
- Roasted chickpeas are most crunchy right after cooking. Use softer leftovers for topping salads or soup

**Nutrition Facts per Serving:** 90 calories, 3g total Fat (0g sat. fat),

0mg.Cholesterol, 270mg Sodium, 13g Carbohydrates, 4g Fiber, 2g Sugar, 4g Protein

*Recipe compliments of Iowa State University Extension and  
Outreach: Healthy & Homemade 2023 Nutrition & Fitness Calendar*



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

**Clermont County Extension**

1000 Locust Street, PO Box 670  
Owensville, OH 45160  
Phone: 513-732-7070