

Roasted Herbed Chickpeas

Makes 1 cup

Ingredients:

1- 15 oz can of chickpeas (garbanzo beans), drained and rinsed
2 t. water
1 t. apple cider vinegar
1/2 t. salt
1/4 t. garlic powder
1 t. nutritional yeast
1/2 t. dried thyme leaves
1/4 t. dried oregano



Directions:

Preheat oven to 350 degrees.

After draining and rinsing the chickpeas, scatter them out on a couple of paper towels to dry.

While the chickpeas are sitting, stir the remaining ingredients together in a medium-sized bowl.

Add the chickpeas and stir until well covered with the herb mixture.

Scatter chickpeas evenly onto a parchment paper-covered cookie sheet and place on the middle or middle-upper rack of your preheated oven. After 15 minutes take out the parchment paper and allow chickpeas to continue cooking for the remainder of the time directly on the ungreased cookie sheet. Check every 15 minutes and shake around to redistribute so none cook more than others.

Total cooking time for slightly crunchy, slightly soft chickpeas is one hour.

Total cooking time for harder and crunchy chickpeas is 1 hour 15 minutes.

About the recipe...

These little guys are addictively delicious and require no guilt with snacking or even full-on ravaging! Use for snack time or as a garnish on soups and salads. If your kids hate beans, give them this snack and see what they think!

Substitutions are easy; change out the herbs for your favorite or even omit the herbs and add freshly ground pepper for "salt & peppered chickpeas."