



## Toasted Paprika Chickpeas

*Yield: 6 servings. Recipe from eatingwell.com.*

### Ingredients

1 (15 ounce) can no-salt-added garbanzo beans (chickpeas), drained  
4 teaspoons olive oil  
1/2 teaspoon paprika  
1/4 teaspoon salt  
1/4 teaspoon garlic powder  
1/4 teaspoon ground cumin  
1/8 teaspoon black pepper  
Dash cayenne pepper

### Nutritional info

Calories	104
Fat	4g
Sodium	115mg
Carbohydrate	14g
Protein	4g
Dietary Fiber	3g

### Directions:

1. Preheat oven to 450°F. Rub garbanzo beans with a paper towel to dry well and to remove the thin skins. Place in a 9x9x2-inch baking pan. Drizzle with olive oil; stir to coat.
2. Roast, uncovered, for 20 minutes, stirring once. Remove from the oven and stir. Sprinkle with paprika, salt, garlic powder, cumin, black pepper, and cayenne pepper. Stir to coat evenly. Return to oven. Roast for 12 to 14 minutes more or until dried and crispy, stirring once. Cool completely before eating. Chickpeas can be stored in an airtight container overnight.