



## **Roasted Chickpeas**

1 (15 – oz) can chickpeas or garbanzo beans (rinsed and drained)

1 TBS extra virgin olive oil

1 tsp coarse sea salt

2 big dashes of cayenne pepper (optional, but YUM!)\*

After rinsing and draining chickpeas, dry thoroughly on paper towels. In a small bowl, combine olive oil, sea salt, and as much cayenne pepper as you can handle. Add chickpeas and stir to coat.

Spread chickpeas onto a foil lined roasting pan and roast at 450 degrees for 30 – 40 minutes. Keep a watchful eye on the chickpeas towards the end of the cooking. You'll know they are done by their golden color and crisp texture.

Eat straight off the pan, or enjoy as a protein-filled crunch added to soup or salad.

\* Have fun experimenting with your favorite flavors and seasonings.