

Roasted Chickpeas

Ingredients

- 2 cups canned or cooked chickpeas, drained and rinsed well
- 1 tbsp lemon juice
- 1 tbsp infused olive oil
- 1.5 tsp ground cumin
- .25 tsp ground coriander
- .25 tsp ground cinnamon
- .25 tsp salt & ground black pepper
- pinch of cayenne pepper (optional)

Instructions

- Preheat oven to 425F.
- Combine all ingredients in a bowl and toss well.
- Spread chickpea mixture on a foil-lined baking sheet.
- Put in oven, roasting for 20-25 minutes, toss mixture about halfway.
- When chickpeas are dark brown in spots, remove from the oven and let cool. If they need more time, put in the oven until you get your desired consistency.
- Store in an airtight container.

Hands on Time: 10 minutes

Alternative spice mixes: try maple + cayenne, ginger + lime, rosemary + garlic.

Notes