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| ***Roasted chickpeas – three ways***    *Makes 2 cups (500 mL)*  *This snack is very easy to make. In 3 different flavours!*  **Ingredients**   * 1 can (19 oz / 560 mL) chickpeas, drained and rinsed * 1 Tbsp (15 mL) olive oil   **Savoury pizza crunch chickpeas**   * 2 tsp (10 mL) parmesan cheese * 2 tsp (10 mL) dried oregano * 1 tsp (5 mL) garlic powder   or  **Sweet cinnamon chickpeas**   * 2 tsp (10 mL) cinnamon * 2 tsp (10 mL) sugar   or  **Southwestern spice chickpeas**   * 2 tsp (10 mL) ancho chili powder (or regular chili powder) * 1 tsp (5 mL) cumin * 1/4 tsp (1 mL) black pepper * dash of cayenne pepper (optional)   **Directions**   1. Preheat oven to 350º F (180º C). 2. Drain and rinse the chickpeas and dry chickpeas well in a paper towel. 3. Place them in a large bowl and toss with olive oil. 4. Set bowl aside. 5. Mix together one of the above spice mixtures. 6. Toss mixture with the chickpeas and place them on an non-greased baking sheet. 7. Bake for 50 minutes or until crunchy. 8. Store in an air tight container for up to 3 days. |