



Roasted Chickpeas

Makes 6 servings

Ingredients

1 cup of chickpeas
1 teaspoon of olive oil
1 dash pepper

½ teaspoon garlic powder
½ teaspoon onion powder

Instructions

1. In a medium bowl, gently toss chickpeas, olive oil and seasoning.
2. Space mixture out on a cookie sheet.
3. Roast at 350 degrees until peas are golden and crunchy.

Nutrition Facts

Serving Size: ½ recipe; Calories: 130; Total Fat: 2.75g; Saturated Fat: 0.3g; Cholesterol: 0mg; Sodium: 8mg; Total Carbohydrates: 20.5g; Dietary Fiber: 6.0g; Protein: 6.5g; Sugars: 3.5g

