



Prep	Cook	Ready in	Servings
5 min	40 min	45 min	4

## Crispy Roasted Chickpeas (NHTTIN)

Supper simple tasty seasoned roasted chickpeas with a crispy outside and tender delicious inside.

### Ingredients

1 can (15oz)	Chickpeas, canned, drained (rinsed, and dried well or home made)	2 tbsp	Aquafaba
		1/2 tsp	Garlic powder

### Instructions

1. Preheat the oven to 400°F and place an oven rack in the middle of the oven.
2. Drain, rinse, and we suggest boil the canned chickpeas in clean water for about 1hr on medium heat. This helps remove more of the phytic acid that causes bloating and blocks mineral absorption, this way you know beans were prepared correctly, Or you can make your own chickpeas from scratch the night before. Once the cick peas are cooked. Make sure to pat the chickpeas and get them as dry as possible, with a clean dish towel or paper towel. They should not look shiny and feel dry to the touch; if you have time, leave them to air dry for a few minutes.
3. Place chickpeas on a cookie sheet with parchment paper, make sure they are in a single layer. Drizzle aquafaba (chickpea juice) and sprinkle with salt and arugula powder. Stir the chickpeas to make sure they are evenly coated.
4. Roast the chickpeas for 30-40 minutes. Stir the chickpeas every 10 minutes. A few chickpeas may crack open, that's normal. The chickpeas are done when golden and slightly darkened, dry and crispy on the outside, and soft in the middle.
5. Mix the chickpeas with any seasonings you desire (*see notes for ideas on how to flavor*) and serve while the chickpeas are still warm and crispy. They will gradually lose their crispiness as they cool, becoming chewy.

#### Notes:

- Suggested flavor combinations:
  - Smoked paprika and cumin
  - Turmeric and ginger
  - Lime juice and dried arugula flakes or powder (black pepper flavor)
  - Italian seasoning

Nutrition Facts	
Per Portion	
<b>Calories</b>	135
Calories from fat	29.8
Calories from saturated fat	2.0
<b>Total Fat</b>	3.3 g
Saturated Fat	0.2 g
Trans Fat	0
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	0.5 g
<b>Cholesterol</b>	0
<b>Sodium</b>	215 mg
<b>Potassium</b>	150 mg
<b>Total Carbohydrate</b>	22.1 g
Dietary Fiber	6.8 g
Sugars	4.3 g
<b>Protein</b>	7.6 g

## Dietary servings

Per Portion

Meat Alternative	0.6
Vegetables	0.8

## Energy sources

Carbohydrates	55%
Fat	22%
Protein	23%

