



Roasted Munching Chickpeas

Developed by: MSU Extension Nutrition Education Program

Servings

6

Ingredients

1 ¼ cups Dry chickpeas

1 tsp Olive oil

½ tsp Salt

¼ tsp Cumin

¼ tsp Paprika

¼ tsp Garlic Powder



Preparation

1. To cook chickpeas: rinse dry chickpeas. Add chickpeas to a medium-large bowl with 3 ½ cups of water. Cover bowl and leave chickpeas to soak for about 16 hours. Drain off water and add chickpeas to large pot with 3 ½ cups of water. Bring to a boil on the stovetop and reduce to a strong simmer for 2 hours. Taste test a couple chickpeas to check if they are done. Chickpeas should no longer be mealy, but not yet mushy either. Drain chickpeas, shaking off as much water as possible.
2. Preheat oven to 375°F.
3. Line a baking sheet with parchment paper and pour the chickpeas onto the sheet, making sure they are spread out. Pat dry with a paper towel.
4. Bake for 30 minutes total. Halfway through baking time, shake the pan.
5. Mix dry seasonings into a large bowl.
6. When chickpeas are done, pour into large bowl, add olive oil. Shake the bowl so all the chickpeas are coated with oil. Pour chickpeas into the bowl with the seasonings. Shake the bowl so all the chickpeas are coated.
7. Serve immediately at room temperature, or store in a covered container.

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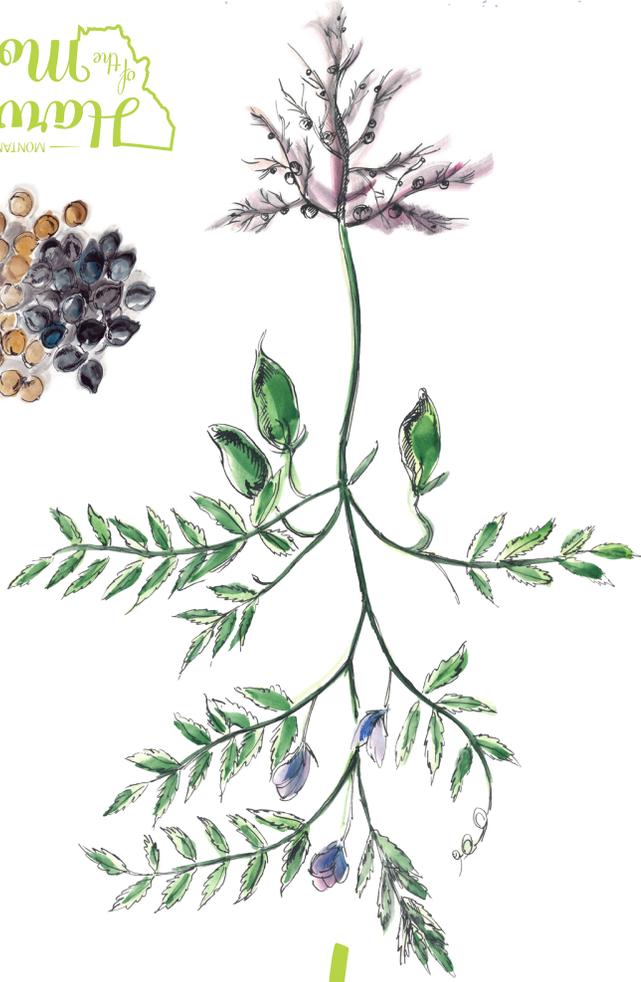
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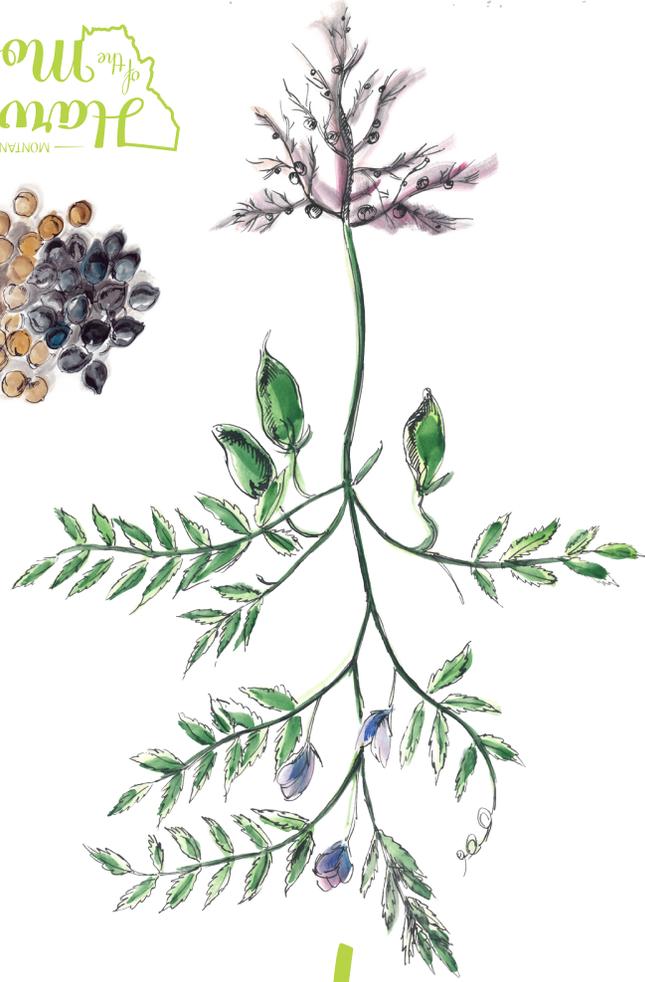


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