



Spicy Garlic & Turmeric Toasted Chickpeas

INGREDIENTS (serving size: 8 – ½ cup each)

- 2 15-ounce cans low-sodium chickpeas
- 2 tablespoons olive oil
- 1 ½ teaspoons turmeric
- 1 ½ teaspoons garlic powder
- 1 teaspoon curry powder
- ½ teaspoon ground black pepper
- ¼ teaspoon sea salt

NUTRITION INFORMATION: 140 Calories; 4.5 grams Fat; 0 grams Saturated Fat; 0 mg Cholesterol; 140 mg Sodium; 19 grams Carbohydrates; 1 gram Sugar; 4 grams Fiber; 6 grams Protein

DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit. Drain, rinse, and dry chickpeas, using a paper towel to remove excess water.
2. Place dry chickpeas in a large bowl. Add two tablespoons olive oil and stir to coat. Transfer chickpeas to a baking sheet, making sure they are in a single layer. Roast chickpeas 25 – 30 minutes, stirring halfway through.
3. Chickpeas are done when crisp and golden.
4. Combine turmeric, garlic powder, curry powder, ground pepper and sea salt in a medium bowl and add roasted chickpeas. Toss chickpeas to coat evenly. Serve warm or cool.

Chef Note: If the above seasoning blend isn't for you try it with chili or Italian seasoning mix instead.