

## Spicy Oven-Roasted Chickpeas Recipe

By Chris Rochelle



**Difficulty:** Easy | **Total Time:** 45 mins | **Makes:** 4 to 6 servings

Crunchy and spicy are the two things I love most in food. These baked chickpeas are both, plus a tasty and healthy snack. Just toss them with a little olive oil and some spices, then roast in the oven until crunchy. They'll stay crispy for a few days stored in a resealable bag at room temperature.

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### INGREDIENTS

- 2 (15-ounce) cans chickpeas, also known as garbanzo beans, thoroughly drained and rinsed (about 3 cups)
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon sea salt

### INSTRUCTIONS

1. Heat the oven to 400°F and arrange a rack in the middle.
2. Place the chickpeas in a large bowl and toss with the remaining ingredients until evenly coated. Spread the chickpeas in an even layer on a rimmed baking sheet and bake until crisp, about 30 to 40 minutes.

SOURCE: <http://www.chow.com/recipes/30368-spicy-oven-roasted-chickpeas>

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