

Roasted Chickpeas



Ingredients:

- 2 15.5 ounce cans chickpeas or garbanzo beans
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon salt
- Olive oil

Directions:

1. Preheat oven to 400 F. Brush olive oil on cooking sheet.
2. Drain and rinse chickpeas and lay on paper towel to dry.
3. Brush chickpeas with olive oil and bake for 15 minutes.
4. Place cinnamon, nutmeg and salt in a medium bowl.
5. Add chickpeas to the cinnamon mixture, and toss until chickpeas are coated.
6. Place coated chickpeas back on the cooking sheet and bake for another 10 minutes.
7. Remove from oven and allow to cool completely before serving.

Makes 6 servings



This message brought to you by
Tarrant County Public Health
<http://health.tarrantcounty.com>