

Roasted Spicy Chickpeas

Enjoy as a healthy, savory snack on their own, or add to a salad for crunch.

Makes 8 servings

What you need:

2 cans (15 ½ ounces each) of chickpeas, rinsed, drained
1 tablespoon canola oil
3 tablespoons tamari soy sauce, divided
1 teaspoon ground ginger
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon cayenne pepper
¼ teaspoon black pepper
2 tablespoons sesame oil



How you prepare:

Preheat oven to 350F. Rinse and drain the chickpeas. Using a paper towel or clean dish towel, thoroughly dry the chickpeas. (The drier the chickpeas are, the more the seasoning mix will stick). Place chickpeas in a large glass casserole dish in a single layer. Combine canola oil, 2 tablespoons of tamari, ginger, garlic powder, onion powder, cayenne and black pepper. Stir to combine spice mixture and drizzle over chickpeas. Be sure chickpeas are coated in spices.

Bake for 45 minutes, tossing chickpeas carefully every 15 minutes. Combine the remaining 1 tablespoon of tamari and sesame oil. After 30 minutes of baking, remove chickpeas from oven and drizzle with sesame oil mixture, tossing to coat thoroughly. Continue to bake chickpeas for another 15 minutes until golden brown and crunchy.

Per Serving:

Calories 148
Carbohydrates 15.7g
Protein 6.2g
Fat 7.2g
Dietary Fiber 5g

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.