

## Crispy Chickpeas and Almonds with Herbs

¼ cup **extra virgin olive oil**

2 tbsp **lime juice**

2 cloves **garlic**, chopped

2 15-oz cans no-salt-added **chickpeas**,  
drained and patted dry

½ cup **almonds**, chopped

¼ tsp **salt**

⅛ tsp freshly ground **black pepper**

½ cup each freshly chopped **basil**,  
**cilantro** and **chives**

In a large frying pan set over medium heat, add olive oil and lime juice. Once hot, add garlic and chickpeas. Sauté 15 minutes, stirring often, until chickpeas begin to brown and some get crispy. Add almonds and sauté 5 more minutes, until almonds are toasted. Remove from heat. Add salt, pepper and fresh herbs. Stir to combine and serve hot.



**Makes 6 servings. Per serving:**

203 calories | 5g protein | 13g total fat | 2g saturated fat | 9g mono fat | 2g poly fat  
0mg cholesterol | 19g carbohydrate | 0g sugar | 4g fiber | 309mg sodium