

# Spice-Roasted Chickpeas

## INGREDIENTS

15 oz. can no-salt-added chickpeas, drained  
1 tbsp extra virgin olive oil  
2 tsp garam masala  
Pinch cayenne pepper (optional)  
¼ tsp salt

## DIRECTIONS

Preheat oven to 400°F. Place chickpeas in a large bowl and toss with olive oil, garam masala, cayenne pepper (optional) and salt. Spread chickpeas in an even layer on a foil-lined, rimmed baking sheet. Bake until crispy, stirring occasionally, about 40 minutes.



Makes 4 servings. Each:  
157 calories • 5.5g protein •  
5g fat • 24g carb • 5g fiber •  
126mg sodium