



## Spicy Pan-Fried Chickpeas

*If your experience with chickpeas has been limited to salad bar topper or whirled into hummus, you definitely need to add some of my **Spicy Pan-Fried Chickpeas** into your life. Not only are chickpeas packed with goodness, but these ones are addictively delicious, and super simple to make.*

### Ingredients:

1 can chickpeas (540mL), drained and rinsed

1 Tbsp canola oil

1 tsp sumac

½ tsp granulated garlic

¼ tsp chili flakes

¼ tsp freshly ground pepper

¼ tsp coarsely ground sea salt

### How To Make:

1. In a frying pan over medium high heat, add chickpeas, canola oil, sumac, granulated garlic, chili flakes, pepper and sea salt.
2. Stir until all chickpeas are totally coated with spice mixture. Sauté until heated through. Serve hot or cold on top of a salad, soup or roasted veggies or in a veggie-filled power bowl.