



# ***Roasted Chickpeas***

*MyPlate2Yours - Lynn Dugan*

## ***Ingredients***

16 ounce can chickpeas (garbanzo beans), drained and rinsed  
1/2 teaspoon salt  
1/2 teaspoons paprika  
1/2 teaspoon garlic powder  
1/4 teaspoon cumin  
Dash cayenne pepper

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## ***Directions***

Preheat oven to 400°F. Mix together salt and spices in a small bowl, set aside. Pat chickpeas dry and place on a baking sheet. Spray generously with non-stick spray. Collect chickpeas and place in spice bowl. Mix to evenly coat. Spread out in a single layer on baking sheet. Bake for 20 minutes. Stir and cook for an additional 10 to 15 minutes until golden brown and crisp. Enjoy!