

Roasted Chickpeas (Garbanzo Beans)

Serving Size: ½ Cup | Servings per Recipe: 4 | Heart Healthy



INGREDIENTS

- 1 can (15 oz) low-sodium garbanzo beans, drained and rinsed
- 1 tablespoon cooking oil
- A pinch of salt (1/8 teaspoon)
- Optional spices: garlic, paprika, sage, or whatever you like

DIRECTIONS

- Preheat oven to 400°F.
- Drain and rinse the beans. Remove any loose skins. Pat dry with a clean towel.
- Spread oil in a baking pan (9x13 inch or foil-lined). Add beans and sprinkle with salt and spices. Mix to coat beans evenly.
- Bake for 45–60 minutes, stirring or shaking every 15 minutes. Bake longer for crunchier beans, but watch so they don't burn.

Calories per serving: 124 | 5 g total fat | 14 g total carbohydrates | 216 mg sodium | 6 g protein