

Cinnamon Roasted Chickpeas

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



INGREDIENTS

- 2 cans chickpeas, drained
- 1 tbsp oil
- 1 tsp cinnamon
- ¼ tsp salt (optional)
- ¼ tsp nutmeg (optional)

DIRECTIONS

- Heat oven to 400°F.
- Toss chickpeas with oil and spices.
- Roast 25 minutes, shaking halfway.



Calories per serving: 180 kcal | 6 g total fat | 22 g total carbohydrates | 7 g protein