

Crispy Roasted Chickpeas

I STRONGLY ENCOURAGE YOU to double, triple or even quadruple this recipe, because once they come out of the oven they're nearly impossible to resist.

3 cups cooked chickpeas
2–3 tablespoons
extra virgin olive oil
Sea salt
Seasoning of choice
(see variations at right)

Preheat oven to 400°F.

Rinse chickpeas and drain well. Pat dry with a towel and spread evenly over parchment-lined baking sheet. Drizzle with olive oil and rub chickpeas with fingers to make sure they are coated. Sprinkle with a generous amount of sea salt and seasoning(s) of choice, and roast for 30 minutes or until golden and crisp on the inside but not burnt on the outside.

MAKES 3 cups

VARIATIONS

Experiment with a variety of different spices such as garlic powder, cumin, chili powder, cayenne, Chinese five spice, nutmeg, wasabi powder or your own unique spice blend.