

Roasted Spiced Chickpeas from KellyintheKitchen

INGREDIENTS

1 can chickpeas

olive oil

salt

extra virgin olive oil

seasonings of your choice (seasoning blends are great for this, or make your own. Cumin and paprika or honey, lime, and cayenne pepper are delicious!)

DIRECTIONS

Preheat oven to 350 F.

There are two ways to do this. Here's the easy way: rinse and drain the chickpeas, then use a towel to dry them as completely as possible. Here's the hard way: Rinse and drain them, then remove the skin from each little bean and throw it away. Lay the skin-less chickpeas out on a towel and gently pat them dry. I've tried both ways and they're equally good; skin-on and they'll be a little bit chewier, skin-off and they're a little bit crunchier.

Toss the chickpeas in a bowl with a drizzle of olive oil and a good sprinkling of salt. Lay the salted, oiled chickpeas out on a baking sheet, and bake about 50 minutes, until they're crunchy and browned.

Sprinkle seasonings over the chickpeas and toss to coat. Be sure to let them cool completely before you put them in any kind of container, or else the heat/condensation will make the chickpeas soggy.