



Taco Roasted Chickpeas

You can use any favorite seasonings you like!

Storage instructions: Store in an airtight container, unrefrigerated, up to a week.

<u>U.S.</u>		<u>Metric</u>
1 (15 oz) can	Chickpeas, canned, drained, and rinsed	425.2 g
2 tsp	Olive oil	9.5 g
1 Tbsp	Taco seasoning	14.4 g
1/4 tsp	Salt, kosher	1.2 g

Preparation:

1. Gather all equipment and ingredients.
2. Preheat oven to 400°F.
3. Toss chickpeas with olive oil, taco seasoning, and salt.
4. Spread in single layer on baking tray and roast for 25-30 minutes, stirring occasionally, until they are brown and crunchy. Serve.

Nutrition Facts

Serving size	1/4 cup
Servings	4
Calories	110
Calories from Fat	20
Total Fat	2.5 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	2 g
Cholesterol	0 mg
Sodium	250 mg
Carbohydrates	17 g
Dietary Fiber	6 g
Sugars	0 g
Protein	5 g
Vitamin A	0 %
Calcium	4 %
Vitamin C	0 %
Iron	6 %
Phosphorous	0 mg
