

crispy roasted chickpeas

(makes about 2 1/2 cups)

Recipe adapted from jessicagavin.com

These are great when one needs a salty crunchy snack. Flavor possibilities are endless. Spices like cumin, cinnamon, ginger, curry, mustard, chili, dried and fresh herbs, truffle oil, are just some suggestions.

- 30 oz chickpeas
 - 2 T olive oil
 - 1 t kosher salt
 - 3 t spices or finely chopped fresh herbs
- Rosemary Garlic Spice Blend:
- 1 t garlic powder
 - 1 t smoked paprika
 - 1 t fresh rosemary, chopped

Position baking rack in the center of the oven. Preheat oven to 400°F.

Drain and rinse chickpeas. Line a baking sheet with a dish towel or a thick layer of paper towels. Transfer chickpeas to the sheet pan and distribute evenly. Pat the chickpeas with a clean dishtowel or paper towels, until dry to the touch. Air dry for a few minutes if possible, the more moisture removed, the crispier the peas will be. Remove any excess skin that comes off. You can use your fingers to remove all of the skins, or leave them on.

Spread the dried chickpeas onto a sheet pan and drizzle with olive oil and sprinkle salt. Stir with your hands or spoon to evenly coat the chickpeas.

Roast for 30 to 35 minutes, shaking the pan every 10 minutes to distribute. The chickpeas are done when golden brown in color and crunchy on the outside. Taste the chickpeas every 10 minutes so you can gauge for crispiness. The centers may be slightly soft in the middle.

You can further dry the chickpeas, so they are completely crisp by turning off the oven after 30 minutes, 35 minutes max. Allow chickpeas to sit in the warmed oven for another 30 to 40 minutes. The slow drying will make those chickpeas really crunchy! I like to taste every 10 minutes during this process to see when the crunch is just right.

Sprinkle the desired spices over the warm roasted chickpeas and stir to coat. Eat right away or enjoy as a snack or on top of a salad.



502 W Washington St Marquette, MI 49855
Open Daily 8am - 9pm • Everyone Welcome
www.marquettefood.coop • 906.225.0671

