



Healthy Crispy Chickpea Snack

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INGREDIENTS:

- 1 cup chickpeas, cooked
- 3 tbsp olive oil
- ½ tsp salt
- ½ tsp paprika
- ½ tsp lime juice

DIRECTIONS:

1. **Cooking dried chickpeas:** Cover the dried chickpeas in cold water and let them soak for 12 hours. Once they are rehydrated, drain the liquid. Transfer the drained chickpeas to a medium sized pot, cover with water, and bring to a boil. Simmer the chickpeas for approximately 1 hour on medium heat, until they are creamy in the center. Let the chickpeas cool in the liquid. Once they are cool, drain the liquid and thoroughly dry the chickpeas.

OR

- Using canned chickpeas:** Drain the liquid and dry the chickpeas with a towel.
2. **Roasting the chickpeas:** Set the oven to 425°F. Toss the drained chickpeas with the olive oil. Roast on a sheet pan for 20-30 minutes until the chickpeas are golden brown and crunchy.
 3. **To season the chickpeas:** Transfer the chickpeas to a bowl and toss with the salt, lime juice, and paprika. *Pro tip: You must do this step right when the chickpeas come out of the oven so the hot chickpeas soak up the lime juice without becoming soggy!*