



CHEAT SHEET

Roasted Chickpea “Nuts”

Roasted chickpeas make an excellent clean snack because they are high in fiber and protein, and low in sugar. When roasted, they become crunchy and dense, like a cross between a roasted nut and a corn nut, but with far fewer total calories.

The Basic Technique:

Preheat the oven to 400°F.*

Cover a large jelly roll pan (baking sheet with an edge) with parchment paper and set aside.

Drain and rinse a 15-ounce can of chickpeas (no additives, or use 1½ cups cooked fresh) and let them sit in the colander for a bit to dry.

In a medium bowl whisk together about a tablespoon of melted coconut or olive oil and spices/seasonings of choice.

Add the chickpeas and toss to coat everything well.

Transfer chickpeas to the prepared pan and bake for 25-35 minutes or until chickpeas are dry and crunchy.* Give the pan a shake about half way through cooking time to turn them.

Remove, cool and eat.

Store in glass with a few grains of rice to help preserve crunchiness.

Some Seasoning Ideas:

- 1 T each melted coconut oil and lemon juice, 1 packet Truvia or stevia, 1 t each curry powder and ground ginger, ½ t cinnamon and 1/8 t sea salt
- 1 T each olive oil, lime juice and hot sauce with ½ T garlic powder and ¼ t sea salt
- 1 T each sesame oil and tamari, 1 t each ground ginger, garlic powder and chili powder (you could also add 1 packet of stevia or Truvia for a little sweetness, like a teriyaki, if you like)

NOTES:

*Actual oven temps vary. If your chickpeas are scorching at 25 minutes, reduce the temp to 375°. If they are not fully drying out by 35 minutes, increase to 425° and watch closely. Using liquid sweeteners, like maple syrup, can cause them to brown more quickly.

Use your judgment about seasoning amounts – if you don't like heat or sweet, start with less. It takes a bit of trial and error to find the best ratios and combos for your palate.

Roasted chickpeas tend to wilt when stored, especially in the fridge, so are generally best eaten after making. To keep the crunch longer or for a no-added-fat version, dry roast them with a bit of salt only, no oil or other liquids, and toss them with dry spices and sweeteners when hot right out of the oven.

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Healthier Food in Less Time

