



## Crispy Cajun Chickpeas

They're crispy, crunchy, and make for the perfect addition to salads or savory trail mix. These roasted chickpeas can also be eaten as a snack by themselves! Chickpeas, or Garbanzo Beans, are a great way to switch the type of protein you eat besides eggs, meat, or chicken. They're packed with fiber and other nutrients that you might not get from animal sources.

### Ingredients:

1 15 oz canned low sodium chickpeas  
1 tablespoon olive or avocado oil  
1 teaspoon homemade Cajun season  
1 teaspoon turmeric

### Homemade Cajun Seasoning:

1 tablespoon smoked paprika  
1.5 teaspoon garlic powder  
½ teaspoon ground black pepper  
½ teaspoon ground white pepper  
½ teaspoon onion powder  
½ teaspoon dried oregano  
½ teaspoon cayenne  
¼ teaspoon dried thyme

### Directions:

1. Preheat the oven to 425°F and line a large baking sheet with parchment paper.
2. To make homemade Cajun seasoning, mix all spices and store in a tightly sealed glass jar for ready use whenever!
3. Spread the chickpeas on a kitchen towel and pat them dry with a paper towel. Remove any loose skins.
4. In a large bowl, toss together dried chickpeas, olive oil, homemade Cajun seasoning, and turmeric.
5. Spread out chickpeas evenly on a parchment paper-lined baking sheet.
6. Roast in the oven for 15 minutes for softer chickpeas or 20-25 minutes for crunchier chickpeas.
7. Cool for 5-10 minutes. Enjoy!

**Yield:** 4 servings (~1/4 cup per serving)

### Nutrition Facts:

66 Calories; 3 g Fat (0 g Saturated Fat; 0 g Trans Fat); 0 mg Cholesterol; 99 mg Sodium; 8 g Carbohydrate (3 g Fiber, 2 g Sugar, 0 g Added Sugar); 3 g Protein; 0% Daily Value (DV) Vitamin A; 0% DV Vitamin C; 0% DV Vitamin D; 2% DV Calcium; 5% DV Iron; 2% DV Potassium