FLEURISH / DOCTOR'S KITCHEN

Roasted chickpeas

crunchy, cumin-scented bites

A crisp little snack with warm spices and a salty finish.



Serves 3 **Prep 5 min** **Roast 25-30 min** **About 45 min total**

INGREDIENTS

- ☐ 1 can (15 oz) chickpeas
- ☐ 2 tsp olive oil
- ☐ 1/2 tsp ground cumin
- ☐ 1/2 tsp chili powder
- ☐ 1/4 tsp salt

LET'S COOK

☐ **1. Dry well**

Heat oven to 400 F. Drain and rinse chickpeas. Dry thoroughly with a clean towel; remove loose skins.

☐ **2. Start roasting**

Toss with oil and salt on a rimmed baking sheet. Spread in one layer. Roast 15 minutes; shake the pan, then roast 10 minutes more.

☐ **3. Add spice**

Sprinkle with cumin and chili powder. Shake and roast 5 minutes more. They should be deep golden and crunchy inside after a test chickpea cools. If soft, roast 5 minutes more and recheck.

☐ **4. Cool & crunch**

Turn off oven. Leave the pan inside with the door slightly open for 10 to 15 minutes. Taste for salt; serve a heaping 1/3 cup per person.

Use oven mitts. Best the same day; keep leftovers loosely covered at room temperature up to 2 days. Tight lids or refrigeration make them chewy.