



Annette's Roasted Chickpeas

Makes 7 – ¼ cup servings.

A family favorite snack. Keep a variety of seasonings (like Mrs. Dash) on hand to make any flavor you're in the mood for.

2 teaspoons olive oil

1 can chickpeas (also called garbanzo beans), drained and rinsed

¼ teaspoon garlic powder

1/8 teaspoon red pepper flakes

1/8 teaspoon salt (optional)

- Heat oven to 350° F.
- Place all ingredients in a bowl and lightly toss to coat chickpeas. Put chickpeas on lightly oiled baking sheet that has a rim.
- Put pan on bottom rack of oven. Shake pan every 15 minutes until browned and slightly crunchy. Roast about 45 to 50 minutes.

Recipe adapted from *Weight Watchers*

Nutritional Information per ¼ cup:

Calories: 117

Total Fat: 2.8

Saturated Fat: 0g

Carbohydrates: 18g

Fiber: 4g

Protein: 6g