

Roasted Chickpeas

INGREDIENTS

- 1 Can Rinsed Chick Peas
- Olive oil spray
- Seasoning of your choice

Suggestions:

- Lime juice
- Garlic salt
- Old Bay
- Salt and pepper
- Lemon pepper
- Salt and vinegar

DIRECTIONS

Preheat oven to 425F. Spray cookie sheet with olive oil. Rinse chickpeas. Pat dry in paper towel Spread on cookie sheet, roll around in olive oil, and season. Roast for 10 min and then shuffle around. Cook for another 5-10 min or until golden brown.

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