



Elliott Evans Nutrition, LLC
Prevent and Protect
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ROASTED SPICED CHICKPEAS

WholeLiving.com

Makes 1 Cup

Ingredients:

- 1 15-oz can chickpeas, drained and rinsed**
- 1 tablespoon vegetable oil**
- ¼ teaspoon ground cumin**
- ¼ teaspoon ground coriander**
- ¼ teaspoon ground ginger**
- ¼ teaspoon ground hot paprika**
- ½ teaspoon kosher salt**

Preparation:

Preheat oven to 425. Toss chickpeas with oil and spices until evenly coated. Spread on a rimmed baking sheet. Roast, shaking pan occasionally until chickpeas are golden and crunchy, about 30 minutes.

Let cook completely. Store in an airtight container up to 2 weeks.

PER SERVING: 225 calories; 3 g saturated fat; 9 g unsaturated fat; 20 g carb