

Olive Oil Roasted Chickpeas

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This yummy chickpea dish is a healthy alternative to nuts, and the high protein content of the chickpeas will keep you fuller for far longer than crisps or nuts. Roasted in the oven, this crunchy snack is full of flavour and texture.

Ingredients:

1 400g tin chickpeas
2 tbsp. olive oil
Pinch of salt
Pinch of smoked paprika
Pinch of garlic salt

Directions:

1. Preheat the oven to 230C.
2. Drain the chickpeas and pat them dry with some kitchen paper.
3. In a bowl, toss the chickpeas with the olive oil, salt, garlic salt and paprika.
4. Spread into a baking tray and cook for 35 minutes until browned and crunchy. Be careful in the last ten minutes or so not to let them burn.

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