

# Spicy Roasted Chickpeas



**MAKES 6 SERVINGS**

## **Ingredients:**

- 15 oz chickpeas (1 can, drained and rinsed or dried chickpeas that have been soaked, boiled, then drained)
- 1 Tbsp olive oil
- 1 Tbsp chia seeds
- 1/8 tsp cayenne pepper
- 1/4 tsp cumin, ground
- 1/4 tsp paprika, ground
- Salt to taste

## **Directions:**

Preheat the oven to 425°F. Combine chickpeas, olive oil, chia seeds, and seasonings in a large mixing bowl to evenly coat chickpeas. Transfer to a baking pan and roast in the oven approximately 45 minutes or until the chickpeas are crispy and crunchy. Cool, then store in an airtight container in the refrigerator.