

Spiced Roasted Chick Peas (Garbanzo Beans)

Ingredients:

3 cans of Chick peas(cooking your own dried is better for you but canned is a quick option)

3 TBSP olive or coconut oil

½ - 1 tsp. each of any combination of spices that you like(cumin ,chili powder, cayenne pepper ,garam masala, garlic and onion powder are some good choices)

S&P to taste

Heat oven to 400 degrees

Line a large cookie sheet with foil or parchment and lightly oil.

Drain and rinse the chick peas and dry thoroughly with paper towels .Spread the chick peas out on the cookie sheet.

Combine the oil and spices of your choice and whisk together to blend .Pour over the chick peas and toss to coat. Season with a little salt & pepper.

Roast 35-45 minutes until browned and crispy. Watch towards the end of the cooking time so you do not burn them.

Serve warm or at room temperature.

Store any leftovers in a well sealed container at room temperature.