Roasted Chickpeas

Recipe Source: [www.cherishedbliss.com](http://www.cherishedbliss.com)

# Ingredients:

1 15 oz can of garbanzo beans  
1 TBSP extra virgin olive oil  
¼ tsp kosher salt  
1/8 tsp ground red pepper  
1/8 tsp ground black pepper  
1/8 tsp chili powder  
1/8 tsp garlic powder

# Steps:

* Preheat oven to 400 degrees F.
* In a colander rinse chickpeas well. Shake off the excess water and discard any loose shells.
* Next, line a small/medium mixing bowl with a few paper towels and pour the chickpeas into the paper lined bowl.
* Pat the chickpeas with the paper towel and then remove the paper towels from the bowl. Repeat this step until the chickpeas are thoroughly dry.
* Add oil and all seasonings to the bowl and mix well.
* Spread the chickpeas out on a baking sheet and bake for 30-40 minutes, stirring occasionally. If they are not crunchy or roasted to your liking, reduce heat to 250 degrees and roast a bit longer (5-10 minutes). To avoid scorching keep a close eye on the chickpeas during this point.
* Enjoy!