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Roasted Chickpeas

Ingredients:

- Chickpeas (garbanzo beans) 1 15-oz. can
- Vegetable oil 1/2 tsp
- BBQ seasoning 1 tsp

Directions:

1. Preheat oven to 375 degrees F.
2. Rinse and drain chickpeas. Pat dry.
3. Combine all ingredients in a bowl and mix well.
4. Spray a baking sheet with cooking oil before spreading chickpeas evenly on the pan.
5. Bake until crispy, approximately 30-35 minutes.