

# UC-VEG

## Umpqua Community Veg Education Group

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# Roasted Chickpeas

### Ingredients:

- 1 cup of dry chickpeas or 15oz can of garbanzo beans
- 1 TBSP lemon juice
- Spices as desired – see below for some ideas

Spicy	Indian	Lemon Pepper
1/8 ground red pepper	1 tsp garlic powder	1 tbsp lemon zest
1/4 tsp chili powder	1 tsp curry powder	1/2 tsp lemon pepper
1/4 tsp garlic powder	1 tsp paprika	1/2 tsp basil
Salt and pepper to taste	1 tsp cumin	Salt and pepper to taste

If using dry beans: soak beans overnight.

Preheat oven to 400 degrees F.

In a colander rinse chickpeas well. Shake off the excess water and discard any loose shells.

Add lemon juice and all seasonings to the bowl and mix well.

Spread the chickpeas out on a baking sheet and bake for 30-40 minutes for canned beans, 40-45 minutes for dry beans, 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! Can eat plain or enjoy on top of salads or meals.