



Roasted Chickpeas

These roasted chickpeas can be served as a side dish, used as a garnish on soup or as a salad topping. Frankly, I snack on these all day. If you're looking for a delicious (and easy!) way to get more protein and fiber into your (and your kids'!) diet, try these – I bet you can't have just one!

Ingredients:

- 1 large can of chickpeas (13 -15 ounce size), drained and rinsed
- 3 Tbsp olive oil
- 1 tsp hot sauce
- ¼ tsp salt
- ¼ tsp pepper
- ¼ tsp paprika

Directions:

1. Preheat oven to 450.
2. Mix all of the ingredients in a bowl and then pour over chickpeas until well coated.
3. Spread chickpeas in an even layer on a cookie sheet.
4. Bake 30-40 minutes (I did it on the upper third of my oven) until browned.
5. Transfer to a bowl and serve.

Serves 6