

Ingredients

Preparation time: 20 minutes

Servings: 5

15 oz. can of chickpeas

1 ½ Tbsp. olive oil

½ tsp. salt

1 tsp. curry powder, garam masala seasoning, or any seasoning of your choice.

Optional:

1 tsp. garlic powder

1 tsp. onion powder

1 tsp. ginger powder

1 tsp. dried Italian herbs

¼ tsp. cayenne powder

Directions

1. Preheat oven to 400°F.
2. Drain and rinse chickpeas in a strainer.
3. Dry with a paper towel, then toss with remaining ingredients in a mixing bowl.
4. Pour onto a rimmed baking sheet and spread out evenly.
5. Bake for 30-40 minutes or until browned and crispy.



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Crispy Roasted Chickpeas

Amount	1/5 of recipe
Calories	107
Fat (g)	6
Sat. Fat (g)	1
Carb. (g)	12
Fiber (g)	3.5
Protein (g)	4
Gluten Free, Vegan	

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Cooking Tip

Add your favorite spice mix to make your own version of roasted chickpeas. Using canned beans in recipes is a great time-saver for busy athletes since cooking duration for dried beans can be time consuming. They can be eaten hot or cold and used in soups, salads, pastas, dips (hummus), and even desserts!

Performance Facts

Including chickpeas and other fiber-rich beans in the diet helps maintain a healthy digestive tract, which keeps your immune system strong. This is particularly important for athletes because heavy training loads can lead to fatigue and decreased immune function. These roasted chickpeas make a great snacking alternative to potato chips or other high calorie, low nutrient snacks.

