

# BBQ ROASTED CHICKPEAS



April 21

National Chickpea Day

## INGREDIENTS

- 15 Ounce Can Chickpeas (very well drained + thoroughly dried)
- 1 Tablespoon Avocado or Olive Oil
- 2 Teaspoons Maple Syrup
- 1½ Teaspoons Smoked Paprika
- 1 Teaspoon Chili Powder
- ¾ Teaspoon Garlic Powder
- ¼ Teaspoon Sea Salt
- ¼ Teaspoon Black Pepper
- ¼ Teaspoon Cayenne Pepper (optional)

## DIRECTIONS

1. Preheat oven to 350° and set out a bare (or parchment-lined) baking sheet (or more as needed).
2. Rinse chickpeas well with water and thoroughly drain.
3. Once drained well, spread the chickpeas out on a clean, absorbent towel and use your hands to gently roll and dry the chickpeas. Some of the skins should start coming off. You can opt to peel all of the chickpeas or simply remove the skins that come off.
4. Transfer the chickpeas to a mixing bowl and top with oil. Mix well to combine. DO NOT add the other seasonings at this point, wait to add until after baking.
5. Bake for 45 minutes or until golden brown and dry/crispy to the touch. Turn the pan around and shake the chickpeas around the halfway point for even cooking.
6. Remove your chickpeas from the oven and prepare your BBQ seasoning. In a medium-size mixing bowl, combine the maple syrup, smoked paprika, chili powder, garlic powder, sea salt, black pepper, and cayenne (optional) until a paste forms.
7. Pour in your still-warm chickpeas and toss gently to evenly coat them with the seasoning mixture. Place them back on the cookie sheet to cool fully and so the seasoning can dry/set.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Snack

## YIELD

1⅞ Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
⅓ Cup	⅓ Cup	¼ Cup	¼ Cup