



Spiced Chickpea “Nuts”

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When roasted in a hot oven, chickpeas become super crunchy. They're a great low-fat substitute for nuts when salty cravings hit.

Ingredients

- 1 15-ounce can chickpeas, rinsed
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons ground cumin
- 1 teaspoon dried marjoram
- 1/4 teaspoon ground allspice
- 1/4 teaspoon salt

Directions

Position rack in upper third of oven; preheat to 450°F.

Blot chickpeas dry and toss in a bowl with oil, cumin, marjoram, allspice and salt. Spread on a rimmed baking sheet. Bake, stirring once or twice, until browned and crunchy, 25 to 30 minutes. Let cool on the baking sheet for 15 minutes.