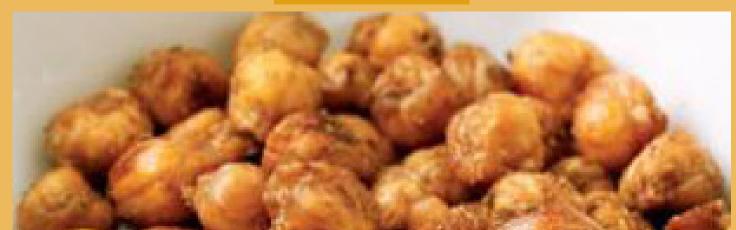
WELL AWARE



Spiced Chickpea "Nuts"

From EatingWell: September/October 2009

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.

