



## February 15- Roasted Garbanzo Beans

Smart Snack

Link: <http://low-cholesterol.food.com/recipe/roasted-garbanzo-beans-chickpeas-331939>

### Recipe

*Ingredients:*

Cooking spray

30 ounces (2 cans) canned garbanzo beans, rinsed and drained

1 Tablespoon Cajun seasoning, heaping

1 teaspoon garlic powder (optional)

1 teaspoon onion powder (optional)

*Directions:*

1. Drain garbanzos in a strainer and rinse well with cool water. Shake to help remove water. Let sit to drain while proceeding.
2. Cover a rimmed cookie sheet or shallow casserole dish with cooking spray. Add garbanzos and spread them into a single layer. Take a few sheets of paper towel and gently press over the top of the beans to remove any extra liquid.
3. Spray top of beans with cooking spray and sprinkle seasonings over the beans. Shake pan to help distribute the seasoning and make sure the beans are all in a single layer.
4. Place pan in an oven and set to 350°F- no need to preheat. Use lowest rack of oven and every 15-20 minutes stir the garbanzos so nothing burns. Be gentle or they may spill over the sides. Cook until beans are browned and crispy. About 45 minutes.
5. Remove from oven and pour into a plastic bowl with tight fitting lid to cool. Careful they are HOT to the touch!
6. Snack away! Keep these stored in the bowl for best freshness or in a Ziploc bag.

Yields 8 servings

### Nutrition Facts

Serving Size 0.5 cup (107.01g)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 20
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 5g	<b>19%</b>
Sugars 3g	
<b>Protein</b> 5g	<b>11%</b>
Vitamin A 6%	Vitamin C 0%
Calcium 4%	Iron 8%

\* Percent Daily Values are based on a 2,000 calorie diet.