



## March 10- Roasted Chickpeas, Orange Spiced

Not Smart Snack

Link: <https://www.ag.ndsu.edu/food/recipes/beans/roasted-chickpeas-orange-spiced>

### Recipe

*Ingredients:*

- 1 (15-oz.) can chickpeas, drained and rinsed
- 3 Tbsp. orange marmalade
- 1/8 Teaspoon ground cinnamon
- 1/8 Teaspoon ground nutmeg
- 1/8 Teaspoon salt
- 2 Tbsp. olive oil

*Directions:*

1. Drain and rinse chickpeas and lay out on a kitchen towel or paper towel to dry.
2. Preheat oven to 350°F.
3. Coat chickpeas with olive oil and place in a single layer on a baking sheet. If chickpeas have any loose skins, discard them.
4. Roast chickpeas for about 50 to 60 minutes or until they reach the desired crunch. Be sure to check chickpeas every 10 minutes and mix around so they do not burn.
5. In a bowl, combine marmalade, cinnamon, nutmeg and salt. Spoon warm roasted chickpeas into marmalade mixture and gently coat. When all chickpeas have been coated, spread onto baking sheet in a single layer. Return to oven for 10 minutes.
6. Remove from oven and allow to cool for 10 minutes. Break up chickpea clusters and loosen any chickpeas from the baking sheet with spatula. Allow to cool completely. Store in an airtight container.

Yield 8 servings

### Nutrition Facts

Serving Size 2 tablespoons (64.19g)  
Servings Per Container 8

Amount Per Serving

Calories 100      Calories from Fat 40

% Daily Value\*

Total Fat 4.5g      7%

Saturated Fat 0.5g      3%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 190mg      8%

Total Carbohydrate 12g      4%

Dietary Fiber 2g      10%

Sugars 7g

Protein 3g      5%

Vitamin A 0%      •      Vitamin C 0%

Calcium 2%      •      Iron 4%

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