



PARMESAN ROASTED CHICKPEAS

INGREDIENTS

ITEM

Canned Chickpeas, rinsed and thoroughly dried
Olive Oil
Grated Parmesan
Garlic Powder and Salt

QUANTITY

½ Cup
1 Tsp.
2 Tbsp.

SERVING SIZE

1

PREPARATION

- 👉 Preheat oven to 400°F and line a baking sheet.
- 👉 Toss chickpeas with olive oil, garlic powder, and salt.
- 👉 Roast 20-25 minutes, shaking halfway through, until crispy.
- 👉 Remove from oven and immediately toss with Parmesan.