



PARMESAN RANCH ROASTED CHICKPEAS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Can of Chickpeas, drained and rinsed	1 (15-ounce)	Garlic Powder	½ Tsp.
Olive Oil	1 Tsp.	Onion Powder	¼ Tsp.
Grated Parmesan Cheese	1 Tbsp.	Black Pepper, to taste	
Ranch Seasoning	1 Tsp.		

SERVING SIZE

½ CUP

PREPARATION

- Preheat oven to 400°F.
- Drain and rinse chickpeas thoroughly.
- Pat chickpeas completely dry using paper towels. Removing excess moisture helps them become crispy.
- Spread chickpeas on a parchment-lined baking sheet.
- Toss chickpeas with olive oil, ranch seasoning, garlic powder, onion powder, and black pepper.
- Roast for 30-35 minutes, stirring halfway through cooking.
- Remove from oven when chickpeas are golden and crispy.
- Immediately toss with Parmesan cheese.
- Allow to cool before serving.