



CRISPY RANCH CHICKPEAS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Canned Chickpeas, drained and rinsed	1½ Cups	Onion Powder	¼ tsp.
Olive Oil	1 Tsp.	Smoked Paprika	¼ tsp.
Ranch Seasoning	1 Tbsp.	Salt and Black Pepper, to taste	
Garlic Powder	¼ Tsp.		

SERVING SIZE **¾ CUP CRISPY CHICKPEA**

PREPARATION

- Preheat oven to 425°F.
- Drain and rinse the chickpeas thoroughly.
- Pat the chickpeas very dry with paper towels. Removing as much moisture as possible will help them become crispy.
- Spread the chickpeas on a parchment-lined baking sheet.
- Toss with olive oil, ranch seasoning, garlic powder, onion powder, smoked paprika, salt, and pepper.
- Spread the chickpeas into a single layer.
- Roast for 25–30 minutes, shaking the pan or stirring the chickpeas halfway through.
- Continue baking until golden and crispy.
- Allow to cool for several minutes before serving.