



Nancy's Nourishing Kitchen

## Roasted Chick Peas

### Ingredients:

1 15 oz can chick peas, drained, rinsed and dried  
1-2 teaspoons extra virgin olive oil  
sea salt  
any spices such as: paprika, smoked paprika, chili powder, garlic powder ...

### Directions:

- Preheat oven to 350°
- Add chick peas to a bowl and toss with a little olive oil, sea salt to taste and generous seasoning of spice.
- Spread out on parchment lined baking sheet
- Roast until crisp
- Could take 30-50 minutes. Check every 15 minutes
- Chick peas will continue to get crispy as they cool