

powerUP

Roasted Chickpeas

INGREDIENTS

1 (14 oz.can) chickpeas
Olive oil
Garlic powder

Onion powder
Any other spices you desire

DIRECTIONS

Pre- heat oven to 400 degrees, drain can of chickpeas and place them on a paper towel, then spread them on a cookie sheet lined with olive oil. Sprinkle selected spice on peas and place in oven for 35 minutes.

KIDS IN THE KITCHEN

Let kids spread chickpeas on cookie sheet and sprinkle spices!

LAKEVIEW
HEALTH

HealthPartners Family of Care

PowerUp your meal!

Serve this as a snack,
with vegetables,
or add to a salad!!

Makes
about
4 (1/2c)
servings

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