

# SNACK FEST 2021

## 4H Manitoba

~ PUTTING GOOD FOOD ON TABLES AND AGENDAS ~

### **Oven Roasted Chickpeas** – recipe from [www.gettystewart.com](http://www.gettystewart.com)

#### **Supplies**

Food processor

Rubber spatula

Sieve for rinsing beans

Clean Tea Towel

Baking Sheet

Oven Mitts

Serving bowl

Measuring spoons & cups

#### **Ingredients**

2 cups cooked chickpeas or 1 can (540ml/19oz can)

1 Tbsp canola oil

1/2 tsp Cajun seasoning\*

#### **Instructions**

Preheat oven to 400°F (204°C).

Drain and rinse chickpeas well to remove as much sodium as possible.

Remove surface moisture by placing peas on clean cloth and rubbing gently. Remove any loose skins. You don't need to rub them off intentionally, just remove those that are loose.

Pour onto large, rimmed baking sheet. Drizzle with canola oil and stir to ensure an even coating.

Spread chickpeas out to avoid over-crowding. Place in oven and bake for 30 minutes.

Stir chickpeas, continue to bake for 5 to 10 minutes. Watch carefully to avoid burning. Remove any on the edges that are turning dark and are done.

To test, remove a chickpea, cool and taste. If it's soft in the middle, return to oven until crunchy all the way through. Watch carefully, it happens quickly in the last few minutes of baking.

Remove from oven and cool.

To store, cool completely then seal in an airtight jar. Store for up to two weeks.

If chickpeas lose their crispiness, bake for 5 minutes at 400°F.

**Makes:** 1 ¾ cups

\*Instead of Cajun Seasoning use: ¼ tsp paprika, dash cayenne pepper, ¼ tsp cumin and ¼ tsp salt or use BBQ Seasoning, Seasoning Salt, Taco seasoning, etc.

#### **Notes & Ideas**