

Crispy Roasted Chickpeas

Prep: 5 minutes • Cook: 20 to 30 minutes

Salty, shatteringly crisp chickpeas roasted with olive oil and sea salt, then finished with warm spices like paprika or curry. A protein-packed vegan snack that doubles as a crunchy topper for salads, sandwiches, and bowls.

Ingredients

- 1 1/2 cups cooked chickpeas (drained and rinsed)
- for drizzling extra-virgin olive oil
- to taste sea salt
- to taste paprika, curry powder, or other spices (optional)

Instructions

1. Preheat the oven to 425°F and line a large baking sheet with parchment paper.
2. Spread the chickpeas on a kitchen towel and pat them dry; remove any loose skins.
3. Transfer the dried chickpeas to the baking sheet and toss with a drizzle of olive oil and generous pinches of sea salt.
4. Roast for 20 to 30 minutes, or until golden brown and crisp, checking at 20 minutes and continuing if needed until crispy.
5. Remove from the oven and, while still warm, toss with paprika, curry powder, or other spices, if using.
6. Store in a loosely covered container at room temperature; best within two days.

Tags: Vegan, Snack, Gluten Free, High Protein, Chickpeas, Roasted
