

# Ranch Style Roasted Chickpeas

## Ingredients

- 1-1/4 cups canned chickpeas, low sodium
- pan spray
- 1-1/3 tbsp ranch seasoning

## Notes

**Number of Portions:** 4

**Serving Size:** 1/4 cup

**Nutrition Facts:** 85 calories, 0.85 g fat, 0.09 g saturated fat, 92 mg sodium, 16.1 g carbohydrate, 3.13 g fiber, 0 g sugar, 3.5 g protein



## Directions

1. Preheat oven to 400° F. Line a baking sheet with parchment paper and set aside.
2. In a strainer, rinse and drain the chickpeas very well to remove the starch.
3. Spread chickpeas out onto prepared baking sheet and pat very, very dry or leave them out to dry. The drier the chickpeas, the crunchier they will be. The skin of the chickpeas may peel off as you pat them dry, that is ok.
4. Spray chickpeas evenly with pan spray and sprinkle the ranch seasoning onto the chickpeas, ensuring that they are evenly coated. Place into the oven and roast for 15 minutes.
5. Remove from the oven and let cool. Chickpeas are crunchiest on the first day. Store at room temperature.