

Fiesta Roasted Chickpeas - CACFP



General Information

Recipe #	Category	Source
1779138	Vegetables 	Local

Ingredients

Name	Quantity	Quantity + 2
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	1 lbs., 3 ½ oz.	
Seasoning mix, dry, taco, original	1 tbsp., 2 ⅞ tsp.	
Oil, PAM cooking spray, original	2 ½ spray , about 1/3 second (1 NLEA serving)	

Preparation Instructions

HACCP Process: #2 - Same Day Service

- Preheat oven to 400 degrees F. Line large baking sheet with parchment paper, set aside.
- In a large strainer, rinse and drain chickpeas to remove starch. Spread them out onto prepared baking sheet and pat them dry with paper towels. There should only be one layer of beans. Spray them evenly with cooking spray and sprinkle with taco seasoning ensuring they are evenly coated.
- Place into oven and roast for 25 minutes until lightly browned and toasted.
- Remove from oven and let cool. Chickpeas are crunchiest on the first day. Store at room temperature, covered until serving.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Remove product from dry storage room using oldest pack date first.

Clean top of can before opening. Ensure that can has no dents or defects. Using clean can opener, open can. Discard lid. Caution: Edges are sharp. Use caution when handling.

Place product in clean pan for heating. Heat product according to manufacturer instructions.



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Serving Size	Yield
1/3 Cup	6.00

Nutrition Facts

Serving Size 1/3 Cup (95 gm)

Amount Per Serving	
Calories	136.517
% Daily Value*	
Total Fat 2.363gm	3.636%
Saturated Fat 0.202gm	1.008%
Trans Fat 0.000gm	
Cholesterol 0.000mg	
Sodium 391.872mg	16.328%
Total 22.618gm	7.539%
Carbohydrate	
Dietary Fiber 6.151gm	24.602%
Total Sugars 3.970gm	
Includes 0.000 * gm of Added Sugars	
Protein 6.590gm	13.18%
Vitamin A 0.919* mcg RAE	0.102%
Vitamin C 0.092mg	0.153%
Vitamin D 0.000* mcg	
Calcium 39.497mg	3.95%
Iron 1.097mg	6.095%
Potassium 127.479mg	2.712%
Saturated Fat % of Calories	1.330 %
Added Sugar % of Calories	0.000 %

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the

Remove product from steamer, oven or steam kettle. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Record time and internal temperature of completed recipe on daily log.

Dates

Last Updated	Created
12-17-2025	04-01-2025

daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Beans, Peas, and Lentils	0.5 cups

Added Sugar Limitations ⓘ

Not applicable.

Edit Recipe