

Crunchy Roast Chickpeas with Za'atar

& other ideas

a recipe from www.maureenabood.com

This is health food at its very best. Chickpeas are packed with fiber, protein and vitamins, knocking other coated crunchy snacks out of the ballpark. I've tried a few different flavor combinations to get the hang of it; try anything that sounds good to you, from garlic parmesan to simple sea salt. Be sure not to add the oil and coatings until after the chickpeas are roasted, so that they'll crunch up. Some toppings are great placed back in the oven after they're stirred into the roasted chickpeas (like brown sugar and spices, to caramelize the sugar).

2 cups cooked chickpeas (from dry or canned)

1-2 tablespoons olive oil

2-3 tablespoons za'atar

½ teaspoon salt

Rinse the chickpeas and spread on a paper towel to dry out for an hour or so.

Heat the oven to 400 degrees. Line a heavy rimmed sheet pan with parchment paper and place chickpeas on the pan. Bake in the center of the oven for about 30 minutes, stirring and rotating every 10 minutes. Taste a chickpea or two. If they are crunchy, they're done. If not, keep going until they are.

Place hot chickpeas in a bowl and drizzle with olive oil, za'atar and salt.

Try these ideas too (all begin with a drizzle of olive oil over the hot chickpeas):

Honey + cinnamon

Smoked paprika +cayenne+salt

Truffle salt (incredibly good)