



MyPantry

includes protein

Roasted Garbanzo Beans / Chickpeas

(Serves 4)

Ingredients:

- 2 cans (15.5 oz.) low-sodium garbanzo beans*
- Cooking spray
- 1 tbsp. Cajun seasoning, heaping (or your favorite spice blend)
- 1 tsp. garlic powder
- 1 tsp. onion powder

Directions:

1. In a strainer, drain and rinse garbanzos with cool water. Let sit until completely drained.
2. Combine seasonings in a small bowl.
3. Spray cookie sheet or shallow casserole pan with cooking spray. Spread garbanzos on to the pan in a single layer.
4. Use paper towels to gently blot the garbanzos, removing extra liquid. The dryer the garbanzos, the shorter the cooking time.
5. Spray garbanzos with cooking spray and sprinkle the seasoning on top. Shake pan to help distribute the seasoning, making sure the beans are all in a single layer.
6. Set oven to 350 degrees. No need to preheat. Place on the lowest rack in the oven. Rotate garbanzos by shaking pan every 15 minutes or so to prevent burning. Cook until browned and crispy (about 45 minutes).
7. Remove from oven and let cool. Then snack away or store in Ziploc bag.

Chef's Note: These are great as a topper on salad.



* Items typically found in food pantries

Nutrition Facts

Serving Size		1 Serving
Amount Per Serving		197
Calories		
% Daily Values*		
Total Fat	3.5g	5%
Saturated Fat	0g	0%
Polyunsaturated Fat	1.8g	
Monounsaturated Fat	0g	
Cholesterol	0mg	0%
Sodium	636mg	28%
Total Carbohydrate	34.2g	12%
Dietary Fiber	12.4g	44%
Sugars	0.4g	
Protein	10.7g	
Calcium	3mg	0%
Iron	0mg	0%
Potassium	468mg	10%
Vitamin A	0mcg	0%
Vitamin C	0.2mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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MyPlate Food Groups Per Serving:

P 1 cup Protein

V 1 cup Vegetable

Recipe created by Chef Quan Hoang, who serves as the Washington State Executive Mansion Chef.



Washington
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