

ROASTED CHICKPEAS

UNIVERSITY OF
MARYLAND
EXTENSION

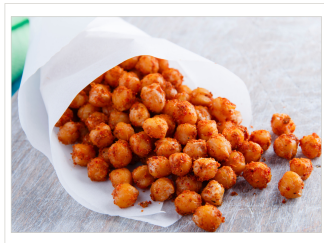


Ingredients:

- 2 Cans Chickpeas (approx 15 oz ea)
- 3 Tbsp. Extra-Virgin Olive Oil
- 2 Tsp. Paprika
- 1 Tsp. Ground Coriander
- ½ Tsp. Ground Turmeric
- ½ Tsp. Ground Allspice
- ½ Tsp. Ground Cumin
- ½ Tsp. Sugar
- Salt
- ⅛ Tsp. Cayenne Pepper

Instructions:

1. Adjust oven rack to middle position and heat the oven to 350 degree F.
2. Place chickpeas in colander, rinse and drain for about 10 minutes. Line a large plate with double layers of paper towels and spread chickpeas over top in even layer. Microwave until outsides are dry and many have ruptured, about 8 to 10 minutes.
3. Transfer to 13 x 9 metal baking pan. Add oil and stir until evenly coated, then spread into single layer.
4. Roast in oven for 30 minutes. Stir chickpeas and crowd them toward center of pan. Continue to roast until they appear dry and reach a deep golden brown, about 20 to 40 minutes.
5. Combine paprika, coriander, turmeric, allspice, cumin, sugar, ½ tsp. salt and cayenne in small bowl. Transfer chickpeas to large bowl and toss with spice mixture to coat. Add salt to taste. Let fully cool before serving.



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