

Taco Spiced Chickpeas

4 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt, pepper, and taco seasoning. Mix until the chickpeas are evenly coated.
3. Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness.
4. Remove from the oven. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

Notes

Leftovers

Store in an airtight container for up to two days. If leftover chickpeas lose their crunch, reheat in the oven for five to eight minutes or until crispy again.

Serving Size

One serving is approximately 1/2 cup.

No Extra Virgin Olive Oil

Use avocado oil instead.

Ingredients

- 2 cups Chickpeas (cooked)
- 2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste, optional)
- 2 tsps Taco Seasoning

Nutrition

Amount per serving

Calories	319	Fiber	13g
Fat	9g	Protein	15g
Saturated	1g	Cholesterol	0mg
Carbs	47g	Sodium	267mg