

## Moroccan Spiced Roast Chickpeas

Satisfy your need for crunchy, savory snacks with these tasty Moroccan spiced chickpeas. Great alternative to croutons on a salad too! Make extra spice mix, as it can double as a rub for ribs, chicken or roasted vegetables.

Preparation Time: 5 minutes

Cooking Time: 40 - 45 minutes

Servings: 6

### Ingredients:

Amount	Ingredient	Cost – date:
1	15.5 oz can low-sodium chickpeas, drained & rinsed	
1 Tbsp	Olive oil	
½ tsp	Ground cumin	
½ tsp	Light brown sugar	
¼ tsp	Cayenne	
¼ tsp	Ground cinnamon	
¼ tsp	Garlic powder	
¼ tsp	Ground ginger	
¼ tsp	Paprika	
¼ tsp	Kosher Salt	
		Cost for the total recipe:
		Cost for 1 serving:

### Preparation:

1. Preheat oven to 400 degrees F. Line a baking sheet with parchment paper.
2. Pat the chickpeas dry between 2 paper towels then place on the baking sheet. Drizzle with the olive oil, then roast the chickpeas in the middle of the oven, tossing every 15 minutes, until deeply golden, dry & crunchy, 40 – 45 minutes.
3. While the chickpeas roast, prepare the spice mixture: combine the cumin, brown sugar, cayenne, cinnamon, garlic, ginger, paprika and salt in a medium bowl. Mix until the colour is uniform. As soon as the chickpeas come out of the oven, toss with the spice blend. Serve warm or at room temperature.

Recipe Source: [www.foodnetwork.com](http://www.foodnetwork.com)

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