

ONE BITE

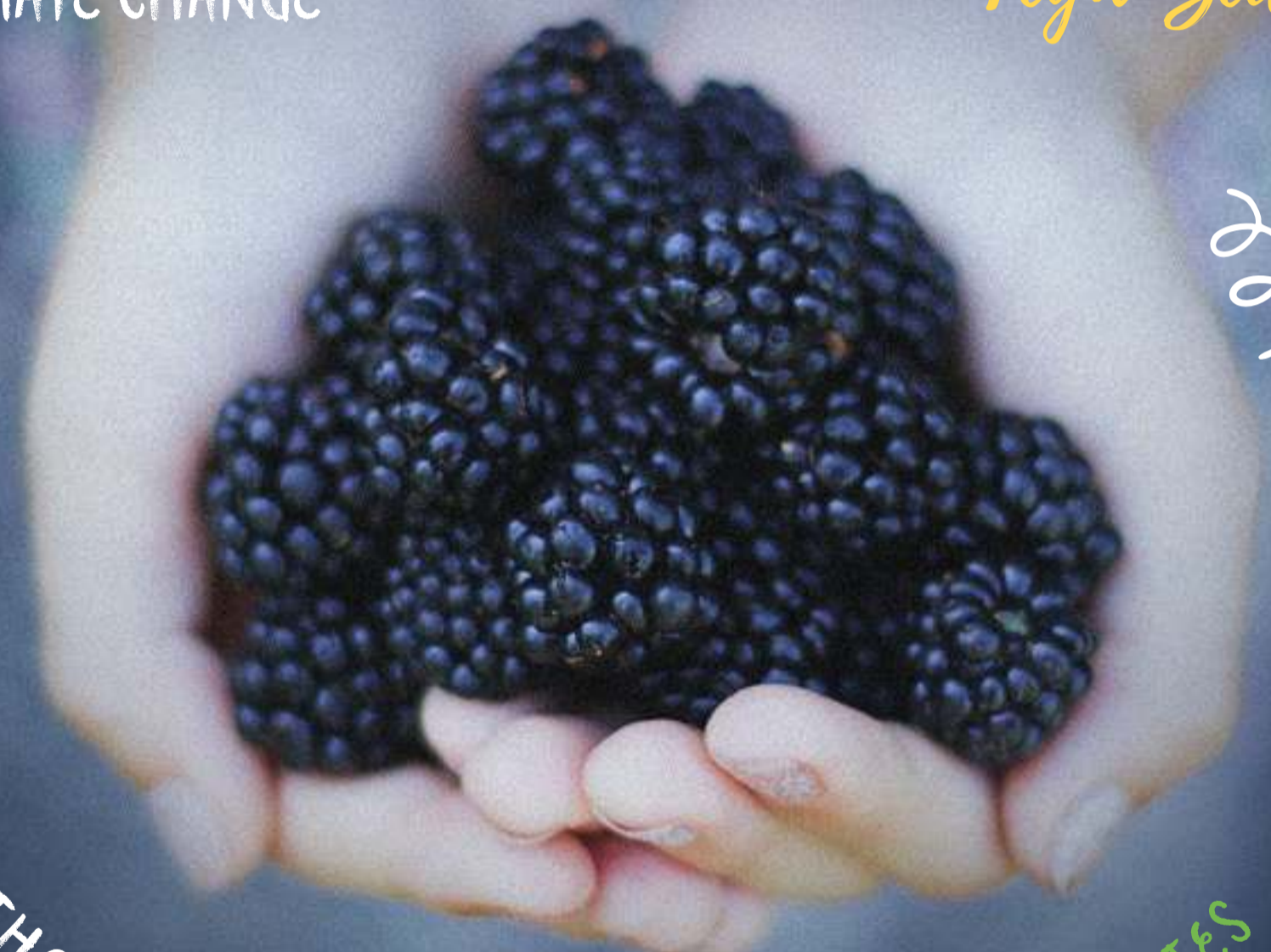
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Vegan Magazine

summer 2019 issue

EATING AWAY
at CLIMATE CHANGE

CLASSIC DISHES
Veganized!



THE TOP 10 MOST INSPIRING VEGAN DOCUMENTARIES



>> 30 MINUTE
Vegan Meals <<

TWO SECRETS
for EATING VEGAN
ANYWHERE

MAMA MIA
VEGAN PREGNANCY

Smoky Crunchy Roasted Chickpeas

By Rosa from thishealthykitchen.com

For super smoky and crispy roasted chickpeas, look no further! These roasted chickpeas are the perfect combination between delicious and nutritious. They are super crunchy, and have a ton of flavor! Plus, this is a completely wholesome snack that you can feel good about eating.

This recipe consists of only 4 ingredients. It is very simple to make, and requires little to no prep work! If you can open a can of chickpeas, you can do this!

PREP TIME:
5 mins

COOK TIME:
30 mins

TOTAL TIME:
35 mins

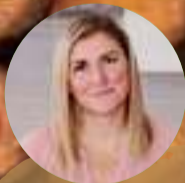
YIELD:
4 servings

INGREDIENTS

- 1 13.5 oz can chickpeas drained & rinsed
- 1 tsp extra virgin olive oil
- ¼ tsp sea salt
- ¼ tsp smoked paprika

INSTRUCTIONS

1. Preheat your oven to 400 degrees F and line a baking sheet with parchment paper.
2. After rinsing your chickpeas, lay them on a dry, clean dish towel and pat them dry, or let them sit for about 10 minutes to let air dry. (They do not need to be completely dry, just not wet.)
3. In a small bowl, toss the chickpeas with the olive oil and seasonings to ensure they are evenly coated. Then spread in a single layer on your prepared baking sheet.
4. Bake for 30 minutes, shaking your tray every 10 minutes to ensure even baking.
5. Serve warm.



Rosa

Rosa is the recipe developer behind thishealthykitchen.com. Her website is a platform for her to share her love of food and passion for healthy cooking. On her website, you'll find heaps of delicious vegan recipes that the whole family will absolutely love.

Website: thishealthykitchen.com

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