

Roasted Chickpeas with Paprika

Prep Time: 10 minutes | **Cook Time:** 25 minutes | **Servings:** 3 (snack-size portions)

Ingredients:

- 1 can (15 oz) chickpeas, drained & patted dry
- 1 tbsp olive oil
- 1 tsp smoked paprika
- ½ tsp garlic powder
- Salt to taste

Steps:

- 1. Preheat oven to 400°F (200°C).
- 2. Spread chickpeas on a baking tray, pat dry with paper towel.
- 3. Toss with olive oil, paprika, garlic powder, and salt.
- 4. Roast for 20–25 minutes, shaking tray halfway.
- 5. Cool slightly before serving (crisps as it cools).

Nutrition (approx, per serving):

Calories: 150Protein: 6gCarbs: 17gFat: 6gFiber: 5g

Tips:

- Store in an airtight jar for 2–3 days.
- Try different flavors like curry powder or chili lime.