

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: 150
- Protein: 6g
- Carbs: 17g
- Fat: 6g
- Fiber: 5g

Tips:

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