

SPICY CHICK PEAS

INGREDIENTS

- 2 cans** Chick peas (Garbanzo beans)
- 2 T** Chili powder
- 1T** Cumin (ground)
- 1/2 T** Salt (add more to your taste)
- 1 t** Tumeric
- 1 t** Coriander (ground)
- 2 T** Tamari Sauce (low salt)
- 6 T** Extra virgin olive oil (if marinade to thick add a little more olive oil)
- 3 cloves** Garlic (minced)
- Non-stick cooking spray **OR** parchment paper

DIRECTIONS

- 1 Preheat the oven to 425 degrees
- 2 Rinse the chick peas & when drained set them aside
- 3 Whisk the spices, tamari, garlic & olive oil in a bowl
- 4 Add the chick peas & mix until well coated
- 5 Place the coated chick pea in one layer onto a baking sheet sprayed with non-stick cooking spray **OR** line baking sheet with parchment paper
- 6 Roast for 45 minute stirring after 25 minutes
- 7 Serve immediately hot or can be served cold the next day.

NOTES

- 1 Make a great addition to a stir fry
- 2 Work as a health snack
- 3 Make your salad 'pop'

