

Spicy Roasted Chickpeas

2 cups canned chickpeas, rinsed and drained

1 ½ tsp extra-virgin olive oil

½ tsp ground cumin

½ tsp ground coriander and/or chili powder

¼ tsp ground red pepper

¼ tsp ground black pepper

Preheat the oven to 400. Coat a nonstick baking sheet with cooking spray. In a small bowl, toss the chickpeas with the oil, cumin, coriander and peppers. Place the chickpeas in a single layer on the baking sheet. Bake for 30-40 minutes, or until crisp and golden. Makes 8 servings, 40 calories/serving.