



# Dry-Roasted Garbanzo Beans



## Ingredients

2 cans (15 ounces each) **garbanzo beans**, drained and rinsed  
½ teaspoon **salt**  
½ teaspoon **black pepper**  
1 teaspoon **garlic powder** or 4 cloves of garlic  
1 teaspoon **onion powder**  
1 teaspoon **dried parsley flakes**  
2 teaspoons dried **dill**  
**cooking spray**

## Directions

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F.
3. Dry beans with paper towels to prevent "popping" in the oven.
4. In a small bowl, mix together salt, pepper, garlic powder, onion powder, parsley and dill weed.
5. Lightly grease a rimmed baking sheet. Pour garbanzo beans onto baking sheet and spread in a single layer.
6. Lightly spray the tops of beans with cooking spray. Sprinkle seasoning mix over the beans. Shake pan to help spread around the seasoning and end with the beans in a single layer.
7. Place the baking sheet on the lowest rack in the oven. Cook until beans are crispy and brown, about 30 to 40 minutes . Gently shake and turn the pan every 10 to 15 minutes to avoid burning the beans. Let cool before serving.
8. Store leftovers in a sealed container. If cooked until crispy, they may store at room temperature for up to 2 weeks (see **Notes**). If still somewhat soft, store in the refrigerator.

## Notes

- Try other spices such as taco seasoning, dry ranch seasoning, curry powder or harissa spice mix.
- Dry roasted garbanzo beans will keep up to 2 weeks in a sealed, airtight container at room temperature. Reheat at 400 degrees F on a baking sheet for 5 minutes to make them crisp again.
- No canned garbanzo beans? Cook your own from dry. You will need about 3 cups cooked beans for this recipe.

**Makes:** 4 cups  
**Prep time:** 10 minutes  
**Cooking time:** 30 minutes

## Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1/2 cup (108g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 370mg	<b>16%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0g%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 53mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 135mg	<b>2%</b>
Vitamin A 2mcg	<b>0%</b>
Vitamin C 0mg	<b>0%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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