

# Taste Washington Day

## September 25, 2013

Chickpeas



**LOCAL \* FRESH \* DELICIOUS**

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# Crispy Roasted Chickpeas

## Ingredients:

- 1 – 15 ounce can of chickpeas (also called garbanzo beans)
- 2 Teaspoons olive oil
- 1 Teaspoon seasoning blend of your choice (Moroccan spice mix recipe below)

## Directions:

- Drain chickpeas in a colander and rinse under water for a few seconds.
- Lay chickpeas on a baking sheet and pat dry with paper towels.
- Drizzle olive oil over chickpeas and toss well to coat.
- Bake at 400 degrees for about 30 - 40 minutes (or 325 in a convection oven) - until golden brown and crunchy.
- While chickpeas are warm, sprinkle with **1 teaspoon** of whatever spice blend you like (such as the Moroccan blend below).

## Moroccan Spice Mix: Save extra spice blend in an airtight container

- |                         |                        |
|-------------------------|------------------------|
| 2 tsp. ground cumin     | ½ tsp ground cinnamon  |
| 1 tsp. ground coriander | ¼ tsp ground allspice  |
| ½ tsp. chili powder     | ¼ tsp ground ginger    |
| ½ tsp. paprika          | 1/8 tsp cayenne pepper |

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