



Chili Lime Chickpeas

Increase intake of fiber, protein and antioxidants! The carbs in chickpeas are slower to absorb and convert to glucose in the blood, so this snack works well for most people. A small portion takes the edge off hunger.



INGREDIENTS

- 2 cans (15 oz each) chickpeas or garbanzo beans, rinsed, drained and patted dry
- 2 tablespoons extra virgin olive oil
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon grated lime zest
- 1 tablespoon lime juice
- 3/4 teaspoon sea salt

TIPS

- Chickpeas are tossed with the spice mixture after baking because spices can become bitter if they burn.
- Drying chickpeas—just rub them with a kitchen towel or paper towel—before roasting helps make them as crisp as possible.

NUTRITION FACTS

- 1/3 cup: 178 calories, 8g fat, 0 cholesterol, 463mg sodium, 23g carbohydrate (3g sugars, 6g fiber), 6g protein.



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INSTRUCTIONS

1. Preheat oven to 400°. Line a 15"x10"x1" baking sheet with foil. Spread chickpeas in a single layer over foil, removing any loose skins. Bake until very crunchy, 40-45 minutes, stirring every 15 minutes.
2. Meanwhile, whisk together remaining ingredients. Remove chickpeas from oven; let cool 5 minutes. Drizzle with oil mixture; shake pan to coat. Cool completely. Store in an airtight container.

Alternative Flavors

- Rosemary-Sea Salt variation: Prepare chickpeas according to step 1 in the recipe above. Toss beans with 2 Tbsp extra virgin olive oil, 1 Tbsp minced fresh rosemary and 1/2 tsp sea salt.
- Orange Curry variation: Prepare chickpeas according to step 1 in the recipe above. Whisk 2 Tbsp extra virgin olive oil, 1 tsp grated orange zest and 1 Tbsp curry powder. Toss beans with oil mixture. Cool completely.
- Lemon-Pepper variation: Prepare chickpeas according to step 1 in the recipe above. Whisk 2 Tbsp extra virgin olive oil, 1 tsp grated lemon zest and 2 tsp freshly ground pepper. Toss beans with oil mixture. Cool completely.

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