

Road trip snack Garbanzo Beans

Baked/Fried Crispy Chickpeas

Ingredients:

1lb garbanzo beans
1 tbsp. salt
1 tsp. cayenne pepper
1 1/2 tbsp. garlic powder
3 tbsp. grape seed oil (use more if needed, want thin coat for seasoning to stick)
1 1/2 tbsp. salt
1 1/2 tsp. black pepper
1 tbsp. smoked paprika
1 1/2 tbsp. onion powder

Directions

1. Soak 1 pound of garbanzo beans overnight.
2. Cook in boiling water with salt until cooked through and just starting to get soft. Preheat oven to 350°.
3. Season the garbanzos with salt, pepper, smoked paprika, cayenne, garlic powder and oil and fry in a non stick pan until golden brown or roast in the oven at 350°.
3. Once done cooking/roasting the chickpeas they should be nice and crispy on the outside and tender on the inside. Enjoy as a wonderful snack with a punch of protein anytime of the day.

Simple Chickpeas in a Bag Snack

Ingredients:

2 c. cooked chickpeas
1/2 tbsp. sriracha
1/2 tsp. cumin
1/2 tsp. cayenne
1 tsp. salt
1/2 tsp. pepper

Directions

1. Take 2 cups of cooked chickpeas that have been strained from their water and dried and place them in a ziplock bag.
2. To the bag add a teaspoon of salt and pepper, 1/2 tablespoon of Sriracha, cayenne and any other spices and flavorings that you like.
3. Shake the bag thoroughly, taste, adjust seasoning, and then enjoy a beautiful snack that you can take anywhere.