



Roasted Chick Peas

Roasted chick peas are delicious and taste great on salads, too.

Ingredients:

- 16-oz. can chick peas, drained and rinsed
- 1 tablespoon extra virgin olive oil or garlic oil, divided
- ¼ teaspoon sea salt
- ¼ teaspoon fresh-ground black pepper
- ½ teaspoon dried rosemary, crushed
- ¼ teaspoon thyme
- ¼ teaspoon smoked paprika (optional)

Procedure:

- Preheat oven to 425° F. Line a roasting pan with foil or parchment paper (optional for easy cleanup) and set aside.
- Drain and rinse chick peas, then pat dry between two layers of paper towels, which helps the olive oil stick to them. Transfer them to a bowl, drizzle with 1 tablespoon of olive oil, and stir them gently to coat.
- Arrange the chick peas close together in a single layer on the prepared pan. Sprinkle them with the seasonings, spread them out on the pan and roast them for 15-20 minutes, or until chick peas look a little shrunken and are starting to brown. Half-way through the cooking period, shake the tray gently to roll the chick peas around, then return to the oven.
- Cool on the tray and serve immediately. Roasted chick peas will keep for a few days, refrigerated in an airtight container, but the chewy texture is best the day they are made.

Serves: 6

Recipe provided courtesy of www.ibsfree.net and GI Nutrition Inc.