CRUNCHY ROSEMARY LEMON CHICKPEAS
Adapted from ChopChop: The Kid’s Guide to Cooking Real Food with Your Family by Sally Sampson

INGREDIENTS
1 can chickpeas, drained and rinsed
1 – 2 tablespoons olive oil
½ teaspoon garlic powder
2 teaspoons chopped fresh rosemary
grated zest of 1 lemon
salt to taste

METHOD
Preheat oven to 400°.

Put a double layer of paper towels on a rimmed sheet pan and roll the rinsed chickpeas around to dry them. (kids LOVE doing this!).

Remove the paper towels and drizzle the olive oil over the chickpeas. Roll the chickpeas around until fully coated.

Put the sheet pan in the oven and bake 40-50 minutes, until the chickpeas are crunchy and golden brown. Stir halfway through.

Remove from the oven and sprinkle on the garlic powder, rosemary, lemon zest, and salt while the chickpeas are still hot. Stir well to mix.

Eat immediately, or cool and store for lunch the next day!

Note:
If you have a mortar and pestle, you can use them to grind the garlic powder, rosemary, lemon zest and salt together before sprinkling it on the hot chickpeas.