

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 tablespoon olive oil
½ teaspoon garlic powder
2 teaspoons chopped fresh rosemary (or 1 teaspoon dried rosemary)
grated zest of ½ lemon
¼ teaspoon salt

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 gently, add the olive oil, and 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 while they're still hot, sprinkle on the garlic powder, rosemary, lemon zest, and salt and stir well.

Eat immediately, or cool and store in an airtight container for up to one 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 chick peas.