

Rockin' Roasted Chickpeas

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

YIELD

50 Servings (1 m/ma)

100 Servings (1 m/ma)

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Garbanzo Beans, low-sodium, canned, drained or cooked from dry	5 lbs. 6 oz.	OR ¾ gallon + ½ cup	10 lbs. 12 oz.	OR 1 ½ gallons + 1 cup
Oil, Olive or Vegetable		¼ cup		½ cup
Salt		1- 2 Tbsp.		2 - 4 Tbsp.
Pepper, Red or Cayenne		¾ - 1 tsp.		1 ½ - 2 tsp.
Rosemary, dried		1/8 cup + 1 tsp.		¼ cup + 2 tsp.

Preparation

1. Rinse and drain chickpeas very well in strainer. Allow all excess water to be removed.
Optional: Chickpeas can be stored in a cooler overnight to dry. Layer chickpeas on parchment lined sheet pan. Cover chickpeas with another sheet of parchment paper to dry.
2. In a bowl, toss chickpeas with the oil, salt and pepper.
4. Arrange in a single layer on baking sheet.
5. Roast at 350°F for 30-40 minutes, until chickpeas are golden brown and rattle when shaking the baking sheet.
HACCP Critical Control Point: Hold at internal temperature of 135°F or above.
6. Transfer the roasted chickpeas to a bowl and toss with rosemary, if using.
7. Cool completely. Store in an airtight container for up to one week.

Serving Information

Portion ¼ cup roasted chickpeas into individual cups to provide 1 meat/meat alternate or ¼ cup legume vegetable.

Nutrition Information *From USDA Nutrient Database

Per ¼ cup serving

Calories: 57 Total Fat: 3g Saturated Fat: 0g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 6g Fiber: 2g Total Sugar: 1g Protein: 2g Sodium: 132mg Vitamin A: 1µg
Vitamin C: 0mg Calcium: 17mg Iron: 1mg Folate: 11µg