

## Fall 2001 Recipes

### Snacks

#### Roasted Chickpea Snacks

*Roasted chickpeas are a spicy snack commonly eaten in India.*

Serves 4

Provides 1 1/2 vegetable servings per person

- 2 teaspoons olive oil
- pinch of turmeric
- pinch of cayenne
- 1 tablespoon lime juice
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 2 15-ounce cans reduced-sodium chickpeas (garbanzo beans), rinsed and drained (3 cups)

1. Preheat the oven to 350°F. Combine the olive oil, turmeric, cayenne, lime juice, cumin, and salt in a bowl. Add the chickpeas and toss to coat.

2. Spread in a single layer on a baking sheet and bake 15 minutes at 350°F in the preheated oven. Cool and serve.

#### Nutritional Analysis

Per Serving:

187 calories

5 g fat

25% calories from fat

0 g saturated fat

0% calories from saturated fat

27 g carbohydrates

350 mg sodium

8 g dietary fiber