



Roasted garbanzo beans

Per serving (1/4 cup): calories: 73; total fat: 3 g; saturated fat: 0 g; cholesterol: 0 g; carbohydrates: 9 g; fiber: 3 g; protein: 3 g; sodium: 96 mg.

Ingredients:

- 1 16-ounce can garbanzo beans,
drained and rinsed
- 1 tablespoon vegetable oil
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon creole seasoning
- Or a combination of your
favorite spices

Directions:

1. Preheat oven to 375 degrees.
2. Toss garbanzo beans in oil and seasoning and place in a single layer on a rimmed baking sheet.
3. Roast for 30-40 minutes, until chickpeas are golden brown and rattle when shaking the baking sheet.
4. Use as a snack or addition to a meal, such as tacos, pasta or salads.

Recipe provided by Wanda White, printed in *All Animals* magazine, Nov/Dec 2016 issue, humanesociety.org/allanimals.