

DRY ROASTED CHICKPEAS

NUTRITION FACTS

Serving Size: 1/2 Cup

Calories: 143 | Carbohydrates: 18g | Protein: 6g | Total Fat: 5g | Saturated Fat: 1g | Sodium: 146mg | Fiber: 4g

INGREDIENTS

- 1 can 15 oz unsalted chickpeas (drained and rinsed)
- 2 tsp Herbs de Provence
- ¼ tsp Salt
- ½ tsp Black pepper
- 1 Tbsp Olive oil
- Zest of one lemon

DIRECTIONS

1. Preheat air fryer to 400°F.
2. Pour chickpeas into a medium mixing bowl.
3. Add Herbs de Provence, salt, pepper, olive oil and lemon zest.
4. Stir to combine.
5. Pour chickpeas in air fryer. Air fry for 15-20 minutes or until golden brown and crispy. Toss chickpeas halfway through.
6. Remove from air fryer and allow to cool.

NOTES

Leftovers: Store in airtight container for up to 5 days.





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