



**This week we're making crispy, pan-fried chickpeas!**

## **Ingredients**

- 1 can chickpeas
- 1 tablespoon olive oil
- $\frac{3}{4}$  teaspoon sea salt
- $\frac{1}{4}$  teaspoon garlic powder
- $\frac{1}{8}$  teaspoon onion powder
- $\frac{1}{2}$  teaspoon smoked paprika
- 1 pinch Black pepper

## **Instructions**

1. Drain peas, then rinse and pat dry with paper towels, removing any loose skins.
2. Heat olive oil in a large skillet over medium high heat. Once the oil is hot, add the chickpeas, stirring to coat all in the oil.
3. Mix together the dried seasonings in a small bowl and sprinkle evenly over the chickpeas, stirring to coat them all evenly.
4. Continue to cook, stirring constantly for 5-8 minutes, or until chickpeas are browned to your liking.
5. Serve immediately.

\*Tip: These can be stored in a sealed container on the countertop, but they'll lose their crisp over time. They can be reheated in a 350 degree oven for a few minutes on a parchment lined baking sheet.

Source: <https://www.backtothebooknutrition.com/quick-pan-fried-chickpeas/>