Italian Chickpea Nibbles

Source: The Get Healthy, Go Vegan Cookbook by Neal Barnard, MD; recipe by Robyn Webb

These nibbles are a great snack or appetizer. You can eat them right away for a tasty crunch or after they’ve cooled down when they’re a bit chewy.

About the Recipe

131 Calories · 6.5 g Protein · 4.6 g Fiber
Snack

Ingredients

Makes 4 Servings

- 1 15-oz (228-g) can chickpeas, drained and patted dry
- 1 tsp (5 mL) olive oil **optional*
- 1/2 tsp (2.5 mL) garlic powder
- 1/2 tsp (2.5 mL) dried oregano
- 1/2 tsp (2.5 mL) dried basil
- 1/2 tsp (2.5 mL) onion powder
- Iodized sea salt **optional*
- Ground black pepper **optional*

Directions

1. Preheat the oven to 400 F (204 C). Line a baking sheet with parchment paper.
2. In a bowl, combine all ingredients. Spread onto baking sheet in one layer.
3. Roast until nicely browned, about 10 minutes, tossing halfway through. Remove from oven and cool slightly.

Nutrition Facts

Per serving (1/4 of recipe)

Calories: 131
Fat: 3 g
- **Saturated Fat:** 0.4 g
- **Calories from Fat:** 19.7%

Cholesterol: 0 mg
Protein: 6.5 g
Carbohydrates: 20.4 g
Sugar: 0.4 g
Fiber: 4.6 g
Sodium: 323 mg
Calcium: 40 mg
Iron: 2.2 mg
Vitamin C: 1.2 mg
Beta Carotene: 19 mcg
Vitamin E: 0.4 mg