

Quick Pan-crisped Chickpeas



Serves: 6

INGREDIENTS

1 can (about 1½ cups/400 grams)
chickpeas, rinsed and drained

1 tablespoon (15 milliliters)
avocado or olive oil, optional

Dashes of any seasonings you
like (garlic powder, cumin, chili
powder, or curry powder are good
options)

Couple pinches of salt, optional

This quick preparation of chickpeas is the perfect way to add flavor, crunch, protein, and fiber to any savory dish. It's especially tasty as a topping on a healthy bowl or salad or rolled into a wrap, but it can also be a snack on its own.

INSTRUCTIONS

1. Pat rinsed and drained chickpeas dry to remove excess liquid and remove loose skins.
2. Heat a non-stick skillet over medium-high heat. The skillet should be large enough for chickpeas to rest in a single layer. If using oil, add and briefly heat before adding chickpeas. (If skipping the oil, do not add water or broth. This isn't a water sauté; just skip liquid altogether.)
3. Add dried chickpeas to the pan, toss to coat with oil (if using), then sprinkle with seasonings and salt (if using). Toss to coat evenly with the spices.
4. Cook stirring or tossing occasionally for 5 to 10 minutes until the outside of the chickpeas are browned and a bit crispy. (Note: they will not become fully crisp without the oil.)
5. Serve immediately for the most crispness. However, these can be made ahead and stored in the refrigerator if desired.

Nutritional Info (per ½ cup [120 milliliter] serving): Calories 158, Total Fat 6.8 g, Saturated Fat 0.7 g, Cholesterol 0 mg, Sodium 283 mg, Total Carbohydrate 19.4 g, Dietary Fiber 5.3 g, Sugars 3.4 g, Protein 6 g, Calcium 3%, Iron 5%, Magnesium 5%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.