

ROASTED CHICK PEAS!

INGREDIENTS:

2 CANS CHICK PEAS (GARBANZO BEANS)

SEA SALT

OLIVE OIL

CAYENNE PEPPER

DIRECTIONS:

1. PREHEAT OVEN TO 400 DEGREES
2. RINSE / DRAIN CHICK PEAS. PUT PAPER TOWELS ON A BAKING SHEET. POUR THE CHICK PEAS ON THE BAKING SHEET. PAT DRY.
3. DRIZZLE SOME OLIVE OIL, AND ADD (TO TASTE) SALT & PEPPER. ROLL THEM AROUND SO THEY'RE COATED.
4. ROAST ON BAKING SHEET FOR 15 MINUTES. (LOL REMOVE THE PAPER TOWELS!)
5. ROLL THEM AROUND A LITTLE & ROAST FOR 15 MORE MINUTES.

THEY SHOULD BE A LITTLE BROWN & KIND OF CRUNCHY. THEY'RE FUN TO EAT...GOOD FOR A SNACK!

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