

Recipe

Crispy Roasted Chickpeas

INGREDIENTS:

1 (15 oz.) can of chickpeas
olive oil
salt

**Caution: Always check for allergies
before serving foods. Make
substitutions as needed*

DIRECTIONS:

Preheat an oven to 425°F. Line a baking sheet pan with parchment paper. Drain and rinse the chickpeas, and spread them onto a towel and pat dry.

Transfer the chickpeas to the lined baking sheet, drizzle with olive oil, and sprinkle with salt. Explain that you are going to roast them in the oven.

Roast for 20–30 minutes, until golden brown and crisp. Remove from the oven and allow to cool before showing them to children.

Note: Make extra roasted chickpeas or save some as a snack for the Reading Picnic (see p. 39).

