



Get Real Recipes

GET REAL NUTRITION, LLC.

Salt & Vinegar Roasted Chickpeas

Serves 4-6

Ingredients:

1 - 15oz can chickpeas, drained & rinsed
thoroughly

1 tablespoon extra virgin olive oil

1/2 teaspoon kosher salt

fresh ground black pepper

1 tablespoon red wine vinegar

Directions:

Preheat the oven to 400 degrees F. Place the drained & rinsed chickpeas on a kitchen towel or paper towels and pat dry. Transfer to a baking dish and toss with extra virgin olive oil, salt & some pepper.

Roast the chickpeas for 15 minutes. Remove from the oven, toss and continue to roast for another 10-15 minutes (until golden, but not too dry or burning.)

Drizzle with vinegar. The chickpeas should absorb the vinegar right away. If not, return to the oven for another 30-60 seconds or until crispy. Remove & let cool to lukewarm before eating. Store in an airtight container.



GETREALRD.COM

