



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

# ***Ginger Sesame Roasted Chickpeas***

### **Ingredients:**

- 2 cans (15½ ounces each) of chickpeas, rinsed, drained
- 1 tablespoon canola oil
- 3 tablespoons tamari soy sauce, divided
- 1 teaspoon ground ginger
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon cayenne pepper
- ½ teaspoon black pepper
- 2 tablespoons sesame oil

Serves 7

*Nutrition: 230 calories, 9 g fat, 1 g saturated fat, 30 g carbohydrate, 8 g fiber, 10 g protein, 700 mg sodium*

*Source: Food & Nutrition Magazine*

### **Directions:**

1. Preheat oven to 425°F.
2. Rinse and drain the chickpeas. Using a paper towel or clean dish towel, thoroughly dry the chickpeas. (The drier the chickpeas are, the more the seasoning mix will stick.)
3. Place chickpeas on a cookie sheet or sheet tray in a single layer.
4. Combine canola oil, 2 tablespoons of tamari, ginger, garlic powder, onion powder, cayenne and black pepper. Stir to combine spice mixture and drizzle over chickpeas. Be sure chickpeas are coated in spices.
5. Bake for 45 to 50 minutes, tossing chickpeas carefully every 15 minutes.
6. Combine the remaining 1 tablespoon of tamari and sesame oil. After 30 minutes of baking, remove chickpeas from oven and drizzle with sesame oil mixture, tossing to coat thoroughly. Continue to bake chickpeas for another 15 to 20 minutes.
7. Chickpeas are done when they are golden brown and crunchy.

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