

# Chickpea Poppers

Kids and adults alike will like this crunchy, spicy snack!

Makes: 8 Servings  
 Prep Time: 10 minutes  
 Cook Time: 30-40 minutes

Source: Modified from a recipe at Food Hero

## Ingredients

- 2 cans (15 ounce) chickpeas, rinsed and drained
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried parsley flakes
- 2 teaspoons dried dill weed
- Cooking spray

## Directions

1. Preheat oven to 400 degrees.
2. In a medium size bowl, mix the chickpeas with the spices.
3. Lightly spray a rimmed baking sheet with cooking spray. Pour chickpeas onto baking sheet and spread in a single layer. Spray tops of beans once more.
4. Place pan on the lowest rack in the oven. Cook 30-40 minutes. Gently shake and rotate pan every 10-15 minutes to make sure nothing burns. Beans are done when crispy and brown. Let cool before serving.



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	110
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	170 mg
Total Carbohydrates:	20 g
Dietary Fiber:	4 g
Total Sugars:	1 g
Added Sugars:	0 g
Protein	6 g

## Utensils Needed

- Measuring spoons
- Medium mixing bowl
- Strainer
- Can opener
- Rimmed baking sheet

# SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$1.16

Average cost/serving: \$0.15

Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 2 to Cart  
Canned Chickpeas, 15oz

## SAVE TIME, SAVE MONEY

### Preparation & Storage Tips

- Try changing up this recipe using different spices for a new flavor! Try chili powder & cumin, or curry powder, or Italian spice mix.
- Eat these tasty chickpeas as a snack, or use as a topping on salad.
- Store leftover chickpea poppers in a glass container at room temperature. Storing in a plastic bag may result in the poppers losing their crispiness.

### Similar Recipes

- Consider trying other recipes with chickpeas found on [snapedny.org](http://snapedny.org), such as:
  - Bulgar Chickpea Salad
  - Classic Hummus
  - Colorful Rice Salad
  - Spinach with Garbanzo Beans

### My Cooking Notes