

Roasted Spicy & Sweet Chickpeas



Chickpeas are extra delicious when paired with tasty seasonings, fresh lemon zest and parsley.

Prep time: 5 minutes

Cook time: 20 minutes

Yields: about 3 cups

Ingredients

2 tsp. smoked paprika

1/4 tsp. cayenne pepper (or more, to taste)

1/2 tsp. granulated sugar

1/2 tsp. kosher salt

Two 15-oz. cans chickpeas, drained, rinsed and patted dry*

6 Tbsp. olive oil, divided

2-3 Tbsp. fresh parsley, minced

Zest from 1 lemon

Instructions

- Combine paprika, cayenne pepper, sugar and salt in a small bowl; set aside.
- After rinsing chickpeas, spread them onto a kitchen towel. Rub the towel over the chickpeas to loosen the skins. Try to remove as many skins as possible.
- Add 3 Tbsp. olive oil into a large, non-stick pan and heat to medium/high.
- Spoon half the chickpeas into the hot pan in one layer. Allow them to settle for about 2 minutes, then stir regularly until they turn golden brown and slightly crispy (about 15–20 minutes). Remove and transfer to a paper towel to remove some of the oil, then move
- to a medium sized bowl. Pour half of the dry spice mixture over the warm chickpeas and mix to combine; set aside.
- Repeat process with second half of oil and chickpeas.
- When all chickpeas are combined, add parsley, lemon zest and extra salt if needed, then serve.

Notes

*To ensure your chickpeas are crunchy, be sure to remove as much moisture as possible before adding to hot oil. I like to let them sit out on the counter for at least 20 minutes before cooking.

This recipe works in 2 batches so you can achieve even 'crisping' action in a medium sized skillet.