



## INGREDIENTS

- 15 Ounce Can Chickpeas
- 1½ Teaspoons Olive Oil
- 1-2 Tablespoons  
Mediterranean Spice Blend

## DIRECTIONS

1. Preheat your oven to 400°. Line a baking pan with parchment paper.
2. Drain the chickpeas in a strainer, shaking it to remove excess water. Spread the chickpeas out on a paper towel and pat dry. You can also just let them sit out for a few minutes to air dry.
3. Pour the olive oil into a bowl and add the chickpeas. Stir until each chickpea is coated with oil.
4. Sprinkle spice blend over chickpeas, stirring until each is thoroughly coated.
5. Pour seasoned chickpeas on the prepared pan, spreading them out so they're not touching.
6. Place the pan in the oven and bake for 20 to 25 minutes, until the chickpeas are crispy on the outside.
7. Remove the chickpeas from the oven and allow them to cool slightly before adding salt and pepper to taste.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Snack

## YIELD

6 Ounces

## PORTION SIZES

**Toddler:** ½ Ounce

**Preschool:** ½ Ounce

**School Age:** 1 Ounce

**Adult:** 1 Ounce