Crisp Chickpea and Rosemary Snack Mix

4 small snack portions · Active 10 min · Total 55 min

Skills: Easy

Ingredients

- 1 can chickpeas (15 oz/425 g), drained and rinsed
- 2 teaspoons olive oil (10 ml), divided
- 1/2 teaspoon dried rosemary, crushed
- 1/4 teaspoon fine salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon smoked paprika

Set out

Conventional oven, Rimmed metal baking tray, Clean towel, Mixing bowl

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Make it

1. Heat the oven to 425°F/220°C. Dry the chickpeas thoroughly on a clean towel.

2. Toss chickpeas with 1 1/2 teaspoons oil, rosemary and salt. Spread in a single layer on the baking tray.

3. Roast for 25 minutes, shaking once halfway through. Mix remaining 1/2 teaspoon oil with garlic powder and smoked paprika, drizzle over and toss carefully.

4. Roast for another 8–10 minutes until the outsides are golden and crisp in places. Cool in a single layer on the tray.

5. Eat a portion once cool enough, then refrigerate remaining chickpeas promptly in a shallow covered container.

A small crunchy component

Pack a chilled portion in a shallow snack pot beside other cold food. For a shelf-stable snack during a shift without refrigeration, choose a commercially packaged product labeled for that storage rather than assuming homemade roasted beans behave the same way.

A useful detail

Canned chickpeas vary in size and moisture. Check the tray near the end and remove very small dark pieces before they become bitter.

Keep it well

Refrigerate within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. They soften during storage; refresh on a tray at 400°F/200°C for 5–8 minutes if desired. This homemade recipe is not a shelf-stability process.