

BBQ Spice Roasted Chickpeas



FOODSERVICE

SERVING SIZE: 4

Ingredients

- 1 cup **Furmano's Chick Peas (Garbanzo Beans)** , Drained & Rinsed
- 2 tablespoons Olive Oil
- 1 tablespoon BBQ Spice Mixture- Recipe Follows
- 1/2 cup Brown Sugar
- 1/2 cup Smoked Paprika
- 1 tablespoon Ground black pepper
- 1 tablespoon Salt
- 1 tablespoon Chili Powder
- 1 tablespoon Garlic Powder
- 1 tablespoon Onion Powder
- 1 teaspoon Cayenne Pepper

In This Recipe



Chick Peas (Garbanzo Beans) - 15.5 oz.



Organic Chick Peas (Garbanzo Beans)

Preparation

1. To make BBQ Spice Mixture: Combine all spices in a small mixing bowl and toss, make sure all spices are combined. Reserve.
2. Preheat oven to 400F.
3. In a medium sized mixing bowl combine Chickpeas, Olive Oil and BBQ spice mix.
4. On a Pam spray lined sheet tray lay out evenly and roast for twenty three minutes. Serve immediately.

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