

Crunchy Tandoori Chickpeas

Ingredients

- 2 (15 1/2-ounce) cans organic chickpeas (garbanzo beans), rinsed and drained
- 2 tablespoons canola oil
- 1 teaspoon tandoori spice
- 3/4 teaspoon kosher salt
- 1/4 teaspoon ground red pepper
- 1/8 teaspoon onion powder
- 1 garlic clove, minced

Preparation

Preheat oven to 300°.

Wrap chickpeas in a towel; lightly roll to loosen skins. Discard skins. Combine chickpeas and remaining ingredients. Arrange on a baking sheet. Bake at 300° for 1 hour and 40 minutes, stirring every 20 minutes.