

- Easy No Sweat Recipe -

Layne's Roasted Chickpeas

From one of our Kitchen Heroes - Layne Smith-Brown - comes this healthy snack...great for on the go or in front of the TV or curled up with a good book.

Makes about 2 cups

1 can (any size) cooked chickpeas

olive oil, for drizzling

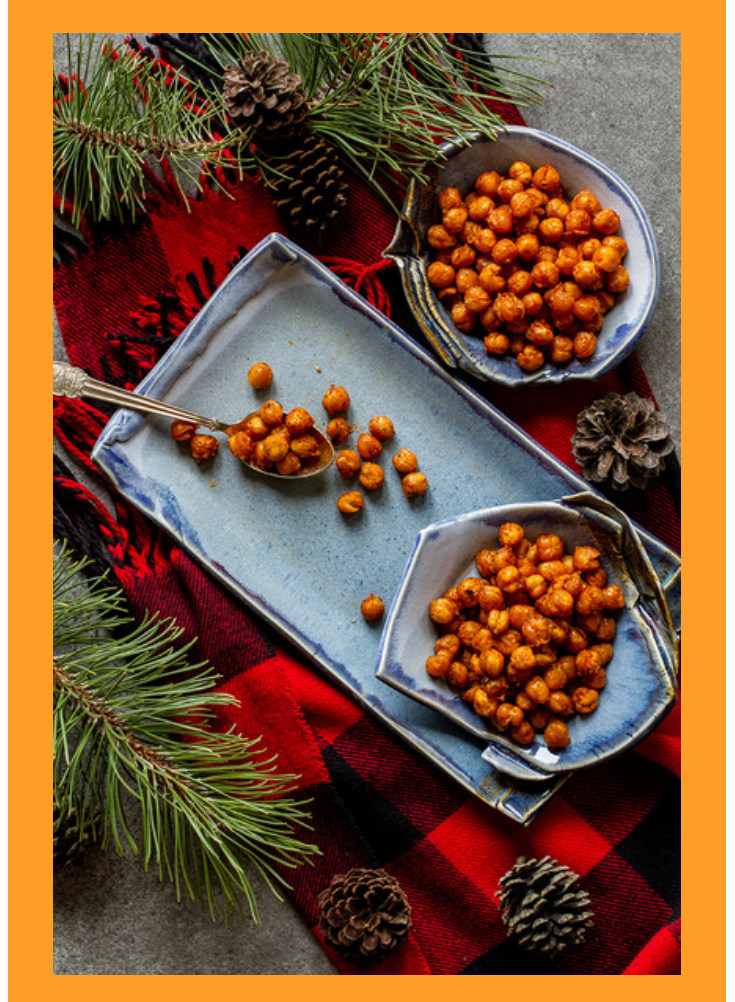
Flaming Toque Smoky Blend & Rub or your favourite

BAKH spice blend

salt, to taste

1. Rinse the chickpeas and dry with a towel. Let the chickpeas air dry for about 1 hour.
2. Preheat oven to 400°F. Line a rimmed cookie sheet with parchment paper.
3. Place the chickpeas in a bowl and toss with a liberal amount of oil. Don't skimp as the oil makes the chickpeas crispy. Transfer the chickpeas to the cookie sheet and bake for about 40 minutes, or until starting to crisp.
4. Transfer the roasted chickpeas to a bowl and shake over the **Flaming Toque**. Sprinkle with some sea salt. Taste and adjust seasonings. Serve warm or room temperature.

For more No Sweat recipes : go to www.beakitchenhero.com



Kitchen Hero Tip!



Ok, we know you hate brussels spouts but this roasting method will have you changing your mind. It changed ours!