Cajun Roasted Garbanzo Beans

Serves 8

Ingredients:

1½ cups garbanzo beans, drained 2 tablespoons olive oil

1 teaspoon Cajun seasoning*

Directions:

- 1. Preheat oven to 350 degrees F.
- 2. Line a baking sheet with aluminum foil or spray baking sheet with cooking spray.
- 3. Pat the garbanzo beans dry with a paper toweland discard any excess skins that fall off.
- 4. In a medium bowl, toss the garbanzo beans with the olive oil and Cajun seasoning.
- 5. Spread into a single layer on the baking sheet.
- 6. Bake 50-60 minutes or until garbanzo beans are golden and crisp. Check and stir the garbanzo beans every 10 minutes during baking.
- 7. Remove from oven and cool completely before serving.
- *Tip: If Cajun seasoning is not available, substitute a blend of salt, black pepper, paprika, onion powder and oregano. Add heat with a pinch of cayenne pepper. For variety, try this recipe with other seasonings and flavor combinations like Italian seasoning, curry powder, garlic powder, and more!

Recipe from:

https://fns-prod.azureedge.net/sites/default/files/resource-files/GarbanzoBeansCanned.pdf

Recipe adapted from North Dakota State University Extension





This material is based up the Expanded Food and Nutrition Education Program (EFIRE): apported by the National institute of Food and Agriculture U.S. Department of Agriculture. Any openions, findings, conclusions, or expensed in this publication are those of the authority and its not necessarily reflect the view of the U.S. Department of Agriculture.



Nutrition Facts 8 servings per container Serving size 1/8 of recipe (32g) Amount per serving Calories % Daily Value* Total Fat 4g 5% Saturated Fat 0.5g 3% Trans Fat 0g 0% Cholesterol 0mg Sodium 60mg 3% Total Carbohydrate 7g 3% Dietary Fiber 2g 7% Total Sugars 1g Includes 0g Added Sugars 0% Protein 2g Vitamin D 0mcg 0% Calcium 12mg 0% Iron 0mg 0% 0% Potassium 31mg *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a

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8 servings per container
Serving size 1/8 of recipe (32g)

Amount per serving

70

Calories	<u>, , , , , , , , , , , , , , , , , , , </u>
% Da	aily Value*
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 0mg	0%

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Potassium 31mg



0%