

Roasted Chickpea Croutons

<http://ohsheglows.com/2014/11/24/crowd-pleasing-vegan-caesar-salad/>

Cook time: 30 min.
Serving size: 1
Calories per serving: 270

Ingredients:

1-1/2 cup cooked garbanzo beans
1 teaspoon olive oil
1/2 teaspoon salt
1/2 teaspoon garlic powder
1/8-1/4 teaspoon cayenne pepper (Optional)



Directions:

Preheat oven to 400°F.

Drain and rinse chickpeas. Place chickpeas in a tea towel and rub dry (it's okay if some skins fall off).

Place onto large rimmed baking sheet. Drizzle on oil and roll around to coat. Sprinkle on the garlic powder, salt, and optional cayenne. Toss to coat.

Roast for 20 minutes at 400°F, then gently roll the chickpeas around in the baking sheet. Roast for another 10 to 20 minutes, until lightly golden. They will firm up as they cool.