Za’atar, it’s a Middle Eastern spice blend of thyme, sumac, sesame seeds and salt for a slightly tart, savory seasoning.
Za’atar-Spiced Crispy Chickpeas

Yield: 5.5 cups    Prep time: 5 mins    Ready: 45 mins

Preheat oven to 350

INGREDIENTS

Chickpeas, uncooked  3 cups
Salt  1 ½ tsp
Olive Oil  1 tsp
Za’atar  to taste
Additional salt to taste

**Note: Can’t find Za’atar? Use any of your favorite seasonings instead.

DIRECTIONS

1. Pour about 6 cups of water into a large heavy pot.
2. Dissolve the salt, add the chickpeas and cover. Let sit overnight. Skip these steps if using canned chickpeas.
3. The next day, drain the chickpeas and return them to the pot, adding fresh water to cover the beans.
4. Set the pot over medium-high heat and bring to a boil. Cook until tender and creamy, about 1 hour.
5. When the beans are cooked, preheat the oven to 350 degrees.
6. Drain the beans and spread them on a sheet pan in a single layer.
7. Cook until golden brown, about 40 minutes. Gently shake the pan occasionally for more even cooking.
8. Drizzle the olive oil over the chickpeas and shake or stir until they are fairly even coated.
9. Season generously with za’atar and additional salt to taste.
10. Serve immediately or store in an airtight container for up to 3 weeks.

Nutrition Facts: Calories 93 | Total Fat 2g | Saturated Fat 0g | Cholesterol 0mg | Sodium 154mg | Carbohydrates 15g | Dietary Fiber 4g | Protein 5g

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