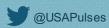


Za'atar-Spiced Crispy Chickpeas

Za'atar, it's a Middle Eastern spice blend of thyme, sumac, sesame seeds and salt for a slightly tart, savory seasoning.







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Za'atar-Spiced Crispy Chickpeas

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

Preheat oven to 350

INGREDIENTS

Additional salt to taste

Chickpeas, uncooked 3 cups
Salt 1½ tsp
Olive Oil 1 tsp
Za'atar to taste

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

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

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 pain in a single layer
- 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.

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