



# 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.



USA PULSES



@USAPulses



Facebook.com/USAPulses

For additional pulse recipes, visit  
[www.cookingwithpulses.com](http://www.cookingwithpulses.com)



# 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

Contact:

Jessie Hunter  
USA Dry Pea & Lentil Council  
PHONE: (208) 882-3023  
EMAIL: [info@usapulses.org](mailto:info@usapulses.org)



USA PULSES