

From our kitchen to yours



Crispy Chickpeas & Pumpkin Seeds with Lime

Courtesy of Diabetes Canada

PREP TIME: 5 min COOK TIME: 35 min TOTAL TIME: 40 min YIELDS: 10

Ingredients:

2 cans (14 oz.)	chickpeas, drained and rinsed	1 tsp	garlic powder
2 tbsp	canola oil	1/2 cup	hulled pumpkin seeds
2 tsp	smoked paprika	1	Lime, grated zest
1 tsp	cumin		

Directions:

Preheat oven to 425°F (220°C).

In a medium bowl, combine chickpeas, canola oil, paprika, cumin, and garlic powder. Toss until well coated. Spread mixture on a larger baking sheet in single layer. Bake for 30 minutes or until beginning to brown. Stir every 10 minutes.

Sprinkle with pumpkin seeds, stir, and bake for 5 minutes more or until chickpeas are crispy. Be careful that they do not burn.

Remove from oven and toss with lime zest. Let stand on a baking sheet for 30 to 45 minutes for crisp texture and best flavours. When completely cooled, store in an airtight container at room temperature for up to two days.

