

COMPLIANT CAESAR CHICKPEAS

Ingredients

* 1 can chickpeas, drained and rinsed
* 1 ½ Tbs. nutritional yeast
* 1 tsp. garlic powder
* 1 tsp. Italian seasoning
* Optional: sprinkling of Mrs. Dash Garlic and Herb seasoning

Method

1. Preheat oven to 400 degrees. Line a cookie sheet with parchment paper.
2. Rinse and drain chickpeas. Drain very well to get them as dry as possible.
3. In a small bowl, combine the nutritional yeast, garlic powder and Italian seasoning until evenly mixed.
4. In a medium bowl, add well-drained chickpeas and spice mixture. Stir to coat the chickpeas.
5. Transfer the chickpeas to the baking sheet. Optional sprinkle with Mrs. Dash.
6. Put the baking sheet in the oven and bake for 15 minutes. Then turn the chickpeas and return to the oven for an additional 15 minutes.
7. Check the chickpeas after 30 minutes in the oven to see if they are the color and consistency you like. If not, return for an additional 15 minutes.
8. After baking, remove the cookie sheet from the oven and let the chickpeas cool completely.
9. When they are completely cool, store them in an airtight container at room temperature so they don’t get soggy.