

Great Gonzo Garbanzos

A fabulous substitute for nuts!

Ingredients:

- 2 15-oz cans chickpeas, drained, rinsed, and patted dry
- 1/4 cup olive oil
- 1 tsp Celtic sea salt
- 1 tsp fresh ground black pepper
- 1 tsp ground Cumin
- 1/2 tsp Cayenne pepper
- 2 tsp dried Thyme
- 1 cup shelled pistachios or pine nuts (optional)

Directions:

1. Preheat oven to 400 degrees.
2. Place patted-dry chickpeas in a medium bowl and discard any loose skins.
3. Toss with oil, S&P, cumin, and cayenne until evenly coated.
4. Spread the chickpeas on a large cookie sheet lined with parchment paper.
5. Bake 25 minutes - stirring around occasionally until golden and crisp.
6. Remove from oven, add the other nuts if using, and sprinkle all with the Thyme.
7. Bake 10 more minutes or until crunchy.
8. Let cool and serve at room temperature.

A healthy, crunchy, and high-protein alternative to nuts!

Bon Appétit!

