



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

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

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