

Roasted Chickpeas

*from **In Our Grandmothers' Kitchens***

Ingredients:

1-3/4 cups cooked chickpeas (1 15-ounce can if you want convenience)
1 tablespoon extra-virgin olive oil
1 small clove garlic, finely minced
1 teaspoon salt (if you want lower salt, start with 1/2 teaspoon and adjust later)
1 teaspoon ground cumin (roasted if you can find it)
1/2 teaspoon curry powder

Instructions:

Preheat the oven to 400 degrees. Rinse the chickpeas thoroughly and then drain them well; then lay them between layers of dishtowels or paper towels to dry even more. If you have time, leave them to dry for a while longer.

Place a cast-iron skillet large enough to hold the chickpeas in a single layer on the stove. (A 12-inch skillet is ideal.)

Heat the pan; then add the olive oil. When the oil is heated, stir in the garlic, drained chickpeas, and salt. Remove the pan from the heat and make sure that the contents are well mixed; then place the pan in the oven.

Bake for 20 to 25 minutes, stirring the chickpeas at the 10 and 20-minute marks. Be careful to avoid burning toward the end.

Remove the chickpeas from the oven, and toss in the spices. Place the spiced chickpeas on paper towels to cool slightly; then eat them

If you don't eat the chickpeas right away, they will lose their crunch, but they will still be tasty and nutritious. You may re-crisp them in a 350-degree oven for 10 to 15 minutes if you wish.

Makes about 1-1/2 cups.