

Roasted Garbanzo Beans

This month's recipe comes from Caroline Miller, Student Affairs Officer from the Betty Irene Moore School of Nursing. "I am a lousy cook. I love to host people at my house for casual gatherings and game nights, but when it comes to actually preparing a meal, I'm a few herbs short of a full spice rack. Sometimes I order takeout, but my favorite hosting hack is the potluck salad bar - as the host I provide lettuce and salad dressings, and everyone brings a few salad toppings. No need for planning or a sign-up sheet, and you've automatically got healthy vegetarian, gluten-free and allergy-sensitive options. I've found that most of my friends are like me - eager for social gatherings and happy to pitch in with a little effort, but no-one wants to do the heavy lifting alone.

My favorite salad topping is roasted garbanzo beans. I use them instead of croutons for a great crunchy texture. You can find the recipe here: <https://www.geniuskitchen.com/recipe/roasted-garbanzo-beans-chickpeas-331939>

Ingredients:

- 2 (15 ounce) cans garbanzo beans (chick peas) 1 teaspoon baking soda
- cooking spray
- 1 tablespoon Cajun seasoning, heaping
- 1 teaspoon garlic powder (optional)
- 1 teaspoon onion powder (optional)
- Cayenne, to taste

Instructions:

1. Drain garbanzos in a strainer and rinse well with cool water. Shake to help remove water. Let sit to drain while proceeding.
2. Cover a rimmed cookie sheet or shallow casserole dish with cooking spray. Pour garbanzos on the foil and spread them into a single layer. Take a few sheets of paper towel and gently press over the top of the beans just to remove any extra liquid- speeds cooking time too.
3. Spray top of beans with cooking spray and sprinkle seasonings over the beans. Shake pan to help distribute the seasoning and make sure the beans are all in a single layer.
4. Place pan in an oven and set to 350 F- no need to preheat. Use lowest rack on oven and return every 15-20 minutes or so to shake the pan so nothing burns. Be gentle or they may spill over the sides. Cook until beans are browned and crispy. About 45 minutes.
5. Remove from oven and pour into a plastic bowl with tight fitting lid to cool. Careful they are HOT to the touch!
6. Snack away! Keep these stored in the bowl for best freshness or in a Ziploc bag.