

### Ingredients

5 servings

15 oz. can of chickpeas

1 ½ Tbsp. olive oil

½ tsp. salt

1 tsp. curry powder (or garam masala seasoning or any seasoning of your choice)

*Recipe adapted from [steamykitchen.com](http://steamykitchen.com)*

### Directions

- 1) Preheat oven to 400 °F.
- 2) Drain and rinse chickpeas in a strainer.
- 3) Dry with a paper towel, then toss with remaining ingredients in a mixing bowl.
- 4) Pour onto a rimmed baking sheet and spread out evenly.
- 5) Bake for 30-40 minutes or until browned and crispy.
- 6) Enjoy!



#### Crispy Roasted Chickpeas

Amount	1/5 <sup>th</sup> of recipe
Calories	107
Fat (g)	6
Sat. Fat (g)	1
Carb. (g)	12
Fiber (g)	3.5
Protein (g)	4
Allergen info: Gluten free, Dairy free, vegan	

#### Sport Nutrition Questions:

Shawn Hueglin, PhD, RD, CSSD  
(714) 277-5378  
[shawn.hueglin@usoc.org](mailto:shawn.hueglin@usoc.org)

Elizabeth Broad, PhD, AdvSpDiet  
(619) 482-6139  
[Elizabeth.Broad@usoc.org](mailto:Elizabeth.Broad@usoc.org)

Jasmine Chu, MS  
(619)-850-6464  
[chu.jasmine@gmail.com](mailto:chu.jasmine@gmail.com)

#### Food Fact

Including chickpeas and other fiber-rich beans in the diet helps maintain a healthy digestive tract, which keeps your immune system strong. This is particularly important for athletes because heavy training loads can lead to fatigue and decreased immune function.

#### Cooking Tip

Using canned beans in recipes is a great time-saver for busy athletes since cooking duration for dried beans can be time consuming. They can be eaten hot or cold and used in soups, salads, pastas, dips (hummus), and even desserts (black bean brownies).

