

Roasted Garbanzo Beans/Crunchy Ceci Beans

Swick

Makes 1 | Active Time: 5 minutes | Total Time: 55 minutes

Step 1: Prepare the Beans for Roasting

- One 15 oz can of garbanzo beans (chickpeas), reserve the liquid (aquafaba)
 - 2 tbsp of your favorite vinegar
 - 2 tbsp of dried dill
 - 1 tbsp garlic granules
 - 1 tbsp onion granules
- Preheat oven to 425°F (218° C)
- 1 – Pour can of beans, including the liquid (aquafaba), into a medium sized mixing bowl.
 - 2 – Add vinegar and spices to the beans and aquafaba, and mix well.
 - 3 – Cover, and place in the fridge for about an hour.
 - 4 – Remove from fridge, and use a double-mesh strainer to drain the beans.

Step 2: Roasting the Beans

- 5 – On a parchment paper-lined sheet pan, place the beans onto the pan.
- 6 – Place on the medium rack in your oven Your first roast will be timed at 20 minutes.

Step 3: Finishing the Roasting Process

- 7 – Remove from the oven, and remove the parchment paper, replacing the beans directly onto the sheet pan. This will help them crisp better.
- 8- Return to oven and cook for 30 minutes, stirring and checking them halfway at 15 minutes. The beans will be done when they are a mahogany brown color, and appear smaller in size.
- 9- Remove from the oven and allow the beans to totally cool on a kitchen towel.
- 10- Store in an airtight container.

NOTE: you can play with the spices to deliver the flavor profiles you enjoy most. For example, if you like Mediterranean flavors, garlic and onion granules with dried oregano or basil. Chili powder and cumin with garlic and onion will deliver a Tex-Mex flavor. The options are endless!

If you are missing the salty flavor, you can add low-sodium Tamari to your marinating blend.