



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Sriracha Honey Roasted Chickpeas

Looking to incorporate more healthy snacks into your diet? Start the New Year out right with this delicious and easy snack featuring protein-rich chickpeas in a sweet and zesty glaze of Sriracha and honey.



INGREDIENTS

- 2 cups chickpeas, cooked or canned (rinsed and drained)
- 1 tsp canola oil
- 1 tbsp honey
- ½ tsp kosher salt
- zested lime
- 2 tsp Sriracha
- ¼ tsp coarse ground black pepper

INSTRUCTIONS

1. Preheat oven to 350F (180C).
2. Place cooked chickpeas on tray lined with paper towel and gently pat dry. Remove any loose or peeling outer skins.
3. Remove paper towel from the tray and spread chickpeas out in a single layer. Roast for 15 minutes, stirring after 10 minutes. After 15 minutes, remove chickpeas and toss into a mixing bowl. Remove skins that may have become loose. Stir in oil, honey, Sriracha, lime zest, salt, and pepper.
4. Return to the baking tray and bake for another 30 minutes, stirring every 10 minutes. Turn the oven off and leave in the oven for another 5–10 minutes. Remove and allow to cool completely on the tray. The chickpeas will continue to crisp as they cool.
5. If using a convection setting on your oven, the time may need to be adjusted to accommodate the circulating heat.
6. Enjoy slightly warm or once they've completely cooled. Store in a sealed container and consume within 2–3 days for best texture.

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