

Curried Garbanzo Bean Poppers Recipe

By Tessa Nguyen, RD, LDN

These roasted treats can be a snack on their own or a protein-boosting addition to salads.

Ingredients

- 1 15.5-ounce can garbanzo beans or chickpeas, drained and rinsed
- 1 teaspoon curry powder
- 2 teaspoons olive oil
- 1 teaspoon chopped cilantro

Directions

1. Preheat oven to 425°F.
2. On a foil-lined sheet tray, mix together the garbanzo beans, curry powder and olive oil. Spread beans out in a single-layer to ensure each bean has enough space to get crispy.
3. Bake for 25 minutes.
4. Remove beans from oven and gently toss in the cilantro before serving warm.



pashapixel/iStock/Thinkstock

Nutrition Information

Serving size $\frac{1}{3}$ cup
Serves 4

Calories: 173; Total fat: 5g; Saturated fat: 1g; Cholesterol: 0mg; Sodium: 233mg;
Carbohydrates: 25g; Fiber: 7g; Sugars: 4g; Protein: 8g; Potassium: 126mg;
Phosphorus: 90mg

Tessa Nguyen, RD, LDN, is a North Carolina chef, registered dietitian and author of the blog, TNutritionista.blogspot.com.