

Crispy Crunchy Chickpeas: The Addictive Snack You Need

Crispy Crunchy Chickpeas: A Healthy, Addictive Snack



OVEN
375°F

TIME
30 min

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INGREDIENTS

- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 tablespoon olive oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon cayenne pepper (optional for heat)

DIRECTIONS

- 1.** Preheat: Preheat your oven to 375°F (190°C).
- 2.** Dry the Chickpeas: Drain and rinse the chickpeas. Spread them out on a clean dish towel or paper towels and pat them dry thoroughly. Removing moisture helps them crisp in the oven.
- 3.** Season: In a bowl, toss chickpeas with olive oil, cumin, paprika, salt, pepper, and cayenne until evenly coated.
- 4.** Roast: Spread chickpeas in a single layer on a baking sheet. Roast for 30 minutes, stir, then roast another 25-30 minutes or until golden and crispy. For extra crunch, increase the oven to 400°F and roast for 50-55 minutes, checking frequently near the end.
- 5.** Cool: Let the chickpeas cool on the tray—they'll crisp up even more as they cool.

SWAPS & NOTES

and Swaps Chickpeas : Use canned for convenience or cook your own from dried for extra control.

Spices : Swap in chili powder, garlic powder, or za'atar for a different flavor twist.

Oil : Olive oil adds flavor, but avocado oil is also a great high-heat option.

Crispsness Tip : The drier the chickpeas before roasting, the crispier the result.

TIPS FOR SUCCESS

Dry thoroughly before seasoning to avoid soggy results.

Don't overcrowd the pan -space is key for air circulation.

For lasting crunch , store in a paper towel-lined container with the lid slightly ajar.

Try different spice blends like curry, taco, or ranch seasoning.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/crispy-crunchy-chickpeas-the-addictive-snack-you-need/>