



Pritikin ICR
Recipe of the week
RANCH ROASTED
CHICKPEAS



Swipe for full recipe



Ingredients

- Canola oil cooking spray
- 1 can no-salt-added garbanzo beans, drained and rinsed
- 1 tablespoon Ranch Seasoning

Ranch Seasoning

- 1 teaspoon dried dill
- 1 teaspoon dried chives
- ½ teaspoon dry parsley flakes
- ½ teaspoon celery seed
- ½ teaspoon granulated garlic
- ½ teaspoon granulated onion
- ¼ teaspoon ground black pepper



Preparation

1. Prepare the Ranch Seasoning: Add all the ingredients for the spice blend to a small bowl and mix until combined. If you have a mortar and pestle, use it to further grind your spices together.
2. Preheat the oven to 475°F.
3. Drain and rinse your no-salt-added canned chickpeas and pat them dry before setting them on a towel for about 7 to 10 minutes to further dry out.
4. Lightly mist the dried chickpeas with canola oil cooking spray and toss with 2 to 3 teaspoons of the prepared Ranch Seasoning.
5. Line a sheet pan with parchment paper or tin foil and roast the chickpeas in the oven for 20 to 25 minutes, or until the chickpeas are golden-brown and crispy.
6. Once finished, remove the chickpeas from the oven and lightly cover with additional Ranch Seasoning, as desired. Serve warm out of the oven or let cool and store in an airtight container.



Chef's Tips

- To cook in the air fryer: Air fry at 370°F for roughly 8 to 10 minutes, or until the chickpeas are crisped and golden.
- Variations: Try with other sodium-free seasonings such as those found in your Guidebook.
- Make sodium-free Ranch Dressing by whisking together one tablespoon of Ranch Seasoning with 1 cup of nonfat plain Greek yogurt, ¼ cup unsweetened soymilk, and 1 teaspoon of either lemon juice or white vinegar. Refrigerate for at least one hour.