Roasted chickpeas: choose one of three seasoning profiles

Roasting method: University of Maryland Extension. Seasoning comparisons are optional FigureNook ideas and were not physically tested.

What you need

• Two approximately 15-ounce cans of chickpeas and 3 tablespoons extra-virgin olive oil

• Colander, a large microwave-safe plate and paper towels

• A microwave and a 13-by-9-inch metal oven-safe baking pan

• Three small bowls and a spoon for comparing seasonings

• Optional seasonings: paprika and cumin; garlic powder and dried herbs; or cinnamon and sugar

Dry the chickpeas

Drain and rinse the chickpeas. University of Maryland Extension specifies two approximately 15-ounce cans, drained for about 10 minutes, followed by drying on paper towels on a large plate in the microwave for about 8 to 10 minutes, until the outsides are dry and many have ruptured. Use a microwave-safe plate and follow the linked recipe.

Roast using the source method

Heat the oven to 350°F. Transfer the dried chickpeas to a 13-by-9-inch metal baking pan; toss with 3 tablespoons olive oil and spread in one layer. Roast for 30 minutes, stir and move toward the center of the pan, then roast another 20 to 40 minutes until dry and deep golden brown, as the source directs. Use oven mitts.

Recipe: https://extension.umd.edu/resource/roasted-chickpeas

Compare three small portions

After roasting, divide small portions into three bowls. As FigureNook tasting ideas, try paprika with cumin, garlic powder with dried herbs, or cinnamon with a little sugar; add a small amount gradually to taste. These combinations and amounts are not from or tested by the university recipe. The linked recipe offers a separate measured spice mixture.

Let the chickpeas cool fully before serving, as the source directs, and record your preferred combination on the planner. Roasted whole chickpeas can pose a choking hazard for young children; choose an age-appropriate alternative. Check seasoning labels for allergens.

Batch date and source: _____

A. Paprika and cumin: amounts and notes: _____

B. Garlic powder and dried herbs: amounts and notes: _____

C. Cinnamon and sugar: amounts and notes: _____

Favorite and any adjustments: _____

CDC choking guidance: https://www.cdc.gov/infant-toddler-nutrition/foods-and-drinks/choking-hazards.html

Guide: https://figurenook.com/guides/roasted-chickpeas-choose-one-of-three-seasoning-profiles/

Food and storage: Keep perishable food cold and follow food instructions. Do not close a warm batch in a decorative pantry jar or assume a long safe storage life.