

Spicy Roast Garbanzos

Ingredients:

2 15-oz cans garbanzos (about 3 C), drained and rinsed
2 T olive oil
1 tsp cumin
1 tsp chili powder
¼ - ½ tsp cayenne pepper
½ tsp sea salt

1. Heat oven to 400 degrees F.
2. Place garbanzos in large bowl and toss with remaining ingredients until evenly coated.
3. Spread garbanzos in a single layer on a rimmed baking sheet.
4. Bake until crisp (30-40 minutes), stirring often.
5. Cool before serving.



Ingredient facts:

Garbanzos – Also known as chickpeas, these legumes are valued for their fiber content and are a good source of carbohydrate and protein.

Garbanzos offer digestive support and are antioxidant. They help regulate blood sugar, decrease cardiovascular risk and increase satiety, which can lead to decreased calorie intake.

Cumin – Slightly bitter, pungent, warm, rich in flavonoids, and a good source of iron. Used to relieve coughs, diarrhea, indigestion and headaches. Can be used topically as a liniment to speed the healing of bruises and sprains. Has a cancer-protective effect by scavenging free radicals and enhancing the liver's detoxification enzymes.

Cayenne – A member of the Solanaceae (nightshade) family. Stimulates the brain to secrete endorphins and improve circulation by preventing blood platelet aggregation. Opens congested nasal passages. Antioxidant, antiseptic, antiviral and astringent. Used to treat arthritis, asthma, atherosclerosis, bleeding, migraines and high cholesterol.

Recipe adapted from Native Foods Cafe, Boulder, CO

www.whfoods.org

Mars, B. (2013). *iPlant: A Mobile Field Guide to Medicinal and Edible Plants*.

Image courtesy of Corbis at <http://www.health.com/>

Serving suggestions:

- Enjoy as a snack
- Add to a green salad
- Mix with steamed green beans, broccoli or kale
- Add turmeric, ground mustard or sage

Nutritional information:

Serving size: ¼ cup (63g)

Calories: 93

Fat: 3g

Protein: 3g

Fiber: 3g

Sodium: 279mg

Cholesterol: 9mg

Source: NutriCalcPlus